

Volume: XIII Issue: 7 & 8



July-August, 2001

The Divine Cool Breeze



महीं मूलाधारे कमपि मणिपूरे हुतवह
स्थितं स्वाधिष्ठाने हृदि मरुत-माकाश-मुपरि ।
मनोऽपि भ्रूमध्ये सकलमपि भित्वा कुलपथं
सहस्रारे पदमें सह रहसि पत्या विहरसे ॥

○ Devi, Having penetrated the Earth element (Pruthvi Tattva) in the Muladhara, Water element in the Manipura, Fire element in the Swadhishthana, Air element in the Anahata (Heart), The Sky element (Akasa) in the Vishudhi Chakra, Manas (Mind) in the Ajana (Agya), Thou, ascending through the Susumna (Kula Path) sportest with Thy Consort in the Solitude of Sahasrara — The Thousand — Petalled Lotus.



House of Representatives
7th District, New York

Proclamation

"78th Birthday Celebration of Shri Mataji Nirmala Devi"

Whereas:

It is the sense of this Congressional Body, that those individuals who have dedicated their life to public service and to helping others, should be publicly acknowledged and applauded. One such person is Shri Mataji Nirmala Devi, and...

Whereas:

Shri Mataji was born in Chindwara, India in 1923 and raised as a Christian. As a child her maturity and wisdom impressed all who she encountered. At a very young age she fought for India's independence working closely with Mahatma Gandhi and today, continues to strive towards the realization of his dream for universal peace and unity, and...

Whereas:

Shri Mataji has a deep and abiding commitment and dedication to world peace, the role of women in society, and "Self-Realization". These issues are what have motivated Shri Mataji to become involved in her fight to improve the quality of life. She is the founder of Sahaja Yoga, a deep meditation which enhances health and peacefulness and connects you to a higher level of awareness of yourself and of the powers that created you, and...

Whereas:

Shri Mataji has been nominated twice for the Nobel Peace Prize, she has received Global Nominations and in 1993 she was appointed Honorary Member of the Presidium of the Petruska Academy of Art and Science in St. Petersburg. In 1986 she was named "Personality of the Year" by the Italian Government and was presented with a Congressional Record Honorarium by the 105th Congress in 1997, and...

Whereas:

Friends, family and colleagues have gathered on this the 21st day of March, 2001 to celebrate Shri Mataji's 78th birthday and to honor her for all her accomplishments. Wishing her continued peace, happiness and success, be it therefore...

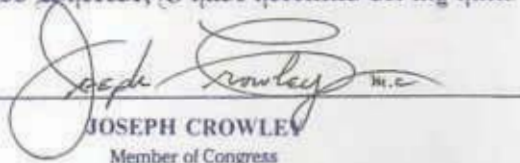
Proclaimed:

By the power incumbent in me as the duly elected Member of the House of Representatives from New York's Seventh Congressional District, I bestow Congressional Recognition upon

Shri Mataji Nirmala Devi

In Witness Whereof, I have hereunto set my hand




JOSEPH CROWLEY
Member of Congress



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78th Birthday Puja

Nirmal Dham - 21.3.2001

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

Today you all have decided to celebrate my 78th Birthday. You have put beautiful balloons, as you put for a child on his Birthday, with such loving hands. Yesterday as I told you, you have to find out about yourself. Just try to find out also as you love me,



how much you can love others? It will be much easier to find out through introspection, how much you love others and how much you care for others. If that happens, many problems of Sahaja Yoga will be solved in no time.

Even in Sahaja Yoga what I am told is that people still are hankering after money. They think it is a place where they can make some money. I am surprised! This is not the area where you can really work out that. You will be exposed in no time. On the contrary if you people are worried about your powers in Sahaja Yoga, as leaders and deputy leaders, I don't know what all, then also you are sadly mistaken. That's not the place. For that you can join politics or else for making money you can go to racecourses or some place. If you

are coming to Sahaja Yoga, what you have to get is an ocean of love within your heart and to seek that in others also.

It is the love which helps you to do everything so smoothly so beautifully. As I have always said that if you really love your country, you can never be dishonest. You will have no other interest but to get your freedom or whatever you want to do for your country. In this country we have had great Martyrs. Perhaps you may not be knowing some of them, and the way they sustained the torturous life, it was only because they loved their country. Your country is spirituality. It is the country of complete enjoyment of yourself. It is the country where nothing but peace prevails and when you love that country how can you have all these nonsensical ideas for money and for power and all that? I just can't understand. As it is you know very well, that, I am not bothered about these things at all in my life. Of course we need money for work, for everything, but there is no need to run after it or hanker after it. I am surprised



even after so many years of my hard work there are some people still working out, some stupid stuffs, which I can't understand and they should know that they will be exposed in no time. This is the year of exposure, I told last time, absolutely. If you have no love for Sahaja Yoga, if you have no love for your Mother, you run after those non-sensical things and make some mess out of your self. If you want to destroy yourself you can go to some other fields but not in Sahaja Yoga.

In Sahaja Yoga you have to know that you have to be really dedicated and honest. You should enjoy your honesty, you should enjoy your love, you should enjoy your generosity, everything. You will be exposed no doubt but then where will you go? What will be your position? You are doing all those things, you have to go the way people have gone to hell, I should say. Because after coming to

the Paradise of Love, if you are still bothered about these non-sensical things then you will jump very fast into the hell. I can see that clearly. I should not say this on my Birthday, but this is the year of exposure and be very careful. Nobody will be spared this year, what to do? Though its my Birthday, I have to tell you. It won't keep quite. You know there are certain powers, which flow and different different years, I find, different types of powers start flowing and this is the time when powers for exposure are going to be there. Whether you are a leader or if you are not, if you are making anything in a dishonest way you will be exposed and you will be rightly punished. Sahaja Yoga may not punish you, but there are so many ways that this power works out.

The first thing is what we call 'Alakshmi'. Alakshmi means at that time when you are punished, you will be

surprised you will just become bankrupt. You will have no money. You will be exposed, you may be in jail. So though it's a very auspicious day, I must tell you not to be inauspicious. Yesterday's lecture I explained to you to know what your powers are, what you can enjoy, what you can give, what can you work out. But firstly you must know are you capable of doing that or you are just working it out in the other way round. I was amazed to hear that after so many years also people have not given up this kind of a temptation that they have. On my Birthday you must remember how many years you have spent doing Sahaja Yoga. You must understand all the nice time you



had and how many days every year you have spent in enjoying my Birthday and also in understanding how you have grown into it. How you have changed and how you have enjoyed and how you have imbibed all the qualities of Sahaja Yoga?

First and foremost quality of a Sahaja Yogi is that he has to be absolutely honest. He has not come here to make money. Not for making money. He has not come here to make power. But he has come here to rise into the new beautiful world that we are creating.

We have to create this world for the whole, whole of the people who live all over, who are even in the jungles, who are lost into Himalayas, anywhere. We have to spread this beautiful sensation and this beautiful existence of self-respect and dignity. Very important is to see if you are really the Self, Are you respecting your Self? Yesterday only I said "Know Thyself". If that is the case, Do you respect yourself? Very important is first to respect yourself. If you don't

know how to respect yourself and you run after useless things then what should we say? What is the quality that you have imbibed in Sahaja Yoga except that you have started a business or something like

that? It is very sad. But there are people who are still ruined in the mud of these things. You have overcome so many things, I know. You have achieved so many things, I know, which is not possible, humanly impossible things you have done. You have got over all these nonsense but still there are some people among you who are still in the stinking mud of nonsense.

It is nice that you are celebrating my Birthday with such enthusiasm and such happiness. So nice to see all this and I



want you all to be my decorations. In the whole world, they should see that you are my children and that you are of such great values and such great understanding. You are my children. I have really worked for you in the sense that every minute, every moment of my life I have thought of you. I wanted to work it out in such a beautiful manner that you become really good people, ideal people, special people with understanding. So that is the day when you should feel that your Birthday is being celebrated. When you are completely cleared out, you have become Nirmal, absolutely pure personality of love, that's the day of your Birthday and Mine too. I have to tell about these things because some things have come to my notice and I am really shocked the way some people are still not understanding their value, not understanding their worth and that's why the other day I told you that you must know about yourself. First of all the Self

is the Spirit, the reflection of God Almighty. If you want to live like all other ordinary non-sensical people, you should stay out of Sahaja Yoga. But if you think that you have to really show your worth, coming into Sahaja Yoga and if you have to feel proud of yourself, then try to understand that in Sahaja Yoga you don't have to have all these weaknesses.

When the Kundalini rises, she passes through 6 chakras by enlightening them. I may tolerate you, up to a point but the Kundalini will punish you. She will do what is needed to correct you. Up to a point, she will do and afterwards when she finds it is not possible to correct you then I don't know what will happen and how it will work out! Sahaja Yoga is very easy to come in, to move in and to work it out. But if you go against yourself, if you try to behave like very ordinary useless people, then you can't stay in Sahaja Yoga. You will be thrown out. As soon as you are thrown

out, where will you land, what will happen, that you know very well. On this auspicious day I have to request you to be auspicious, not to do anything that is inauspicious. They call it protocol. But there are small things which show you are auspicious, very-very minute subtle things that show you are auspicious, which you don't have to learn. Automatically, spontaneously, it comes and you enjoy your auspiciousness. Because you are holy, because you are Nirmal, and you enjoy that quality within you. When that happens that is your Birthday.

You were reborn as you know. All of you were reborn. You are reborn but still you were children and now you have grown up. That growth has to be shown in every way. When a person grows, then he goes all out to do various things to express himself. In the same way when you are grown up then you have to show that you have grown up in Sahaja Yoga. That you are very deep, and you are a very senior person. I have seen some little children also. They are so grown up and so sensible that sometimes I am amazed that they are great saints reborn. They are great people who are reborn.

But if you are still running after non-sensical things, if you are still full of lust and greed, then better you leave Sahaja Yoga into itself and you can find some other area where you can do that. It is something surprising, how people do not understand their position in Sahaja Yoga! Your growth has been on the whole, very good. I know there are many people who are wonderful Sahaja Yogis, Who are really great Sahaja Yogis and they have every right to call themselves Sahaja Yogis or Mahayogis. But that is only possible and perceptible if you really grow up inside and your spirit shines like crystal clear ocean of love. Now the connection has been done. You have the knowledge of all the Charkas. You know how to raise Kundalini. You know also how to cure people and how to treat people. With all that knowledge, with all



that life you have got, its like the milk, you give to your energies and then you have to become energetic. You can not be lethargic about it. When you are lethargic, then you are not a Sahaja Yogi. You have to be moving with this flame in your heart

that you know what is Self and you know what you have to do for others. Must be you must have been also great seekers in previous lives. And that seeking, that

was there, has brought you to Sahaja Yoga. Now with that seeking when you are here, still you are seeking all these useless things! You can't grow and such people cannot make others also grow.

So the main thing one has to understand that how you are grown in your love. You see, a person who is frightful, who is very strict, who talks very rudely, is not a Sahaja Yogi. No way, But the one who looks after, cares, loves and is very generous, is the real Sahaja Yogi. You are the people of special qualities and those qualities must be shown in your life. I know you love me very much and you know what you have done to celebrate my Birthday. As you have so many of these decorations, I have already told you that you are my decorations, and your lives are my decorations. And the way you behave, and the way you know yourself, things will be so much appreciated all over the world. It is not for any other purpose but only to remember that you all have to

grow. You have to become very very deep personalities. You have to grow within yourself, celebrating your own Birthday.

Every day, try to see, what is your experience, what did you see. Whom did you meet. How did they talk? I mean, I know so many names, practically every body's name I know, practically everybody's Kundalini I know. I also know whose Kundalini is alright whose is not. I know so many people. So many ask me how do you know so many names and how do you remember them? I say, I don't know that part but it is that whenever I see a person I see his Kundalini and from that Kundalini I know who he is? There can be thousands of Kundalinis but I know who is who, because I love them.

If you love somebody then you know what he is. It's not stupid love as they call it romance and all that, but it's a very deep feeling. When you enter into the





garden of your heart and you feel the beautiful fragrance all around, when you think of such nice people as they have been as saints, great saviours and now the Sahaja Yogis, you feel so much grateful that you have achieved that state of collective enjoyment.

I have never put any restrictions on you. Do what you like. Whatever way you want to do it you can do it. I have never been bothering you about money or anything. But that is a testing ground. That is the testing ground where you are standing. If you do not test yourself, how will you know how far you have come? So you are the student, you are the examiner and you are the one who has to give you self certificate. And in that case what happens is that you start understanding. Understanding so many things, which you have never understood. I mean the knowledge, so called knowledge, is no knowledge because it's all falsehood. It's all mental. But the real absolute knowledge dawns

upon you, about everyone, about every aspect, about every surroundings that you have, so clearly you know and that should happen that you should know very clearly, very-very clearly that what is the situation with you, where are you, and what are you doing? Not that, you have any less powers. You have all the powers. But for that you have to go deep down. Like there is a well and the well has the water in it but if your bucket does not go down, how can you bring the water? If your bucket is filled with stones, what's the use of that well to you? In the same way we have everything within us, as I told you yesterday, and Sahaja Yoga is the way you can go down and find about yourself which is so beautiful, clean and that's the thing to be enjoyed and not other non-sensical things after which you are running, which you think are important.

I have already told you, it is 'Shudh Ichcha', is the Kundalini. Shudh Ichcha, Pure desire because other desires are



never fulfilled. You try to buy one thing, then you don't enjoy. You want to buy another one, you don't enjoy. You want to buy another one, don't enjoy. Because it is not the real desire. This is the principle of economics that you are never satisfied. You go on buying, buying, buying, buying and you buy so many things. Ultimately what happens is that all the industries collapse. That's what is happening in America. It has a quality that whatever you do, repels back on you. Only the spiritual growth does not. It flowers. Its fragrant, its beautiful, such a beautiful experience to be with your self, as if you have entered into the beautiful garden of paradise. If that feeling if you want to have, give up all non-sensical ideas, give up all worldly nonsense. Everything you give up and then you will feel that you are now very much there where you should have been. You will have no doubts. You will have no hankerings, you will not feel at all in any way dissatisfied but some people are still at a very elementary

state, I know. I know I have not told them, because I know this is the year they will be all exposed, no doubt. Then what is the use of doing something in which you will be exposed and that the whole world of Sahaja Yoga will look at you as a criminal or as a person who does not need any respect. Either you get out of it and if you are here to gain lots of ascending steps, you have to have your eyes upward and not downward. You must see what steps there are? You have to climb up those steps and with these steps where you enter, I tell you, in that beautiful garden, fragrant, garden of your Self, which is so beautiful. Instead of that you are lost in the mire of the world. As so many are lost, so why have you come to Sahaja Yoga?

Give up those non-sensical ideas, try to take to spirituality, pure spirituality. Purity, is the word. Purity you must have and purity within is you can easily establish with Sahaja Yoga. Your witness state has to improve. Witness state has

to be projected so much that this conditioning and ego of reaction will finish off. You will have no more reactions but you just witness and the knowledge that is real comes always through witnessing. If you do not know how to witness then whatever knowledge you have is nothing but through your ego or through your, we can say, conditionings. Its not absolute knowledge. So to get absolute knowledge about anything what you have to do is to reach the point of absoluteness. So reach the point where you are absolutely clean, pure, Nirmal.

Now don't condemn yourself if you have some defects. There has to be, you are human-beings. But all these defects with your power of spirituality you can absolutely overcome. For that what have you to do. First is introspection. First try to findout; you separate your self from your self and say "Hello Mr. How are you?" Start with that. "Hello, what are you up to?" And you start seeing your self outside, and eradicating, removing all that is not your self. That knowledge of Self comes to you when you want the knowledge. It should be pure desire to know about your Self. You are the special people no doubt. You are all chosen to be very, very special, no doubt. There must be something about you that you have come to the stage where you are trying to become the Self. Self is absolutely self satisfying. It does not need anything to satisfy itself. Actually it is satisfaction personified. It just sees things, it just watches things, it

just witnesses and while witnessing anything, it knows. It knows, you don't have to tell, this is this or this is what. Don't have to express too much anything. It is just self expressing, if, you are a clean person, your desires are clean, and that you just have pure desire to ascend.

So Again I have to talk about Kundalini that you must have a Kundalini completely establishing itself within you, completely expressing within you, completely enlightening yourself. Such a Kundalini should be there and only possible if you do not put hurdles in her growth. If you allow it to grow, it grows and it works out.

As you know I have started this work only in 1970, not because I could not start it earlier, not because there were all bad people in this world but because I was waiting myself to be deft in dealing with all kinds of Kundalinis. I had to work out all the permutations and combinations that were there and then I just thought if I could get hold of a way by which all these combinations can be worked out in one line, then only Kundalini will rise and it worked, it happened. With the sincere desire, because I felt very sad about people who are spending their lives in something very non-sensical. They can't enjoy anything. They have no genuine feeling for anything, They have no genuine love for anything and they are not even loved. They can't love. They are not loved and they are in misery. So it was very

deliberate action on my part, I should say, that I watched human beings very carefully. Why they do it like this? Why they behave like this? Why are they not understanding? Why are they harsh, why they shout, why they beat, why they do all this? Because of imbalances. But with introspection if you start seeing those imbalances, you now know how to cure yourself and you can really work it out. You have to just work on your Chakras. See which Chakra is catching? Where is the problem? You have to respect yourself in such a way that you become your own doctor and you know everything about yourself. This is wrong with me. Why am I catching? Why am I catching on that Chakra? Why this is happening?

This is the education you have to give to yourself which will be only possible if you experience all those catches. It is for you to grow now. Grow into great people, great personalities, very tremendous people who have made history. Who are respected. All those great saints and all that also were of great calibre but they didn't know how to raise the Kundalini which you know. You have something special knowledge how to raise the Kundalini. How to judge the Kundalini, how to understand where is the problem? And also you know how to tell that person about his problems very beautifully, with love.

So the message of your spirit is that you should love each other. If you do not love some one then what's the matter?

Why don't you love? What is the bad thing about that particular person? If he is a Sahaja Yogi and a great Sahaja Yogi, is it out of jealousy, is it out of greed or is it out of lust? Still you are like that. Then the oneness in the whole world of brotherhood is something to be really enjoyed. Enjoyed so beautifully. See all these things you have here. There is so much harmony among them. So much harmony, because it is done with love. If you do anything with love, it is very harmonious. It creates such harmony among people that you see the enjoyment of each other's company. The enjoyment of each other's achievements is so much joy giving that I cannot describe it in words. It's impossible. Words cannot communicate to you the feelings that you have. As I told you, feel as if you are in the Garden of Eden. That sort of a feeling should come into you when you know yourself. Because when you know yourself, actually you know your own being and you are so happy that your Self is so beautiful, that you are so beautiful, that you are so joyous, that you have all these things!

To know that within you is really very much fragrant with enjoyment. That state you must have. I see sometimes when you are overjoyed you dance, and sing and so on. That's something really very good. But all the time your spirit should dance at smallest things. At the little thing that is made, say something artistic you see, something you see a gesture of kindness, a gesture of gratitude. You feel

that depth of that feeling. For example today I saw the flag. When we got Independence, we made this flag. I had seen this flag being put up when the other flag was brought down. I can't tell you what was the feeling that covered us! Such a feeling that the truth has somehow or the other overcome the untruth. The justice has been shown over injustice. That feeling is still so much, I can't even see the flag. I see it and I remember the whole history, the whole thing that how many people sacrificed? How many martyrs were there? How much people have fought for it? That flag stands for them. And you stand for all that. You stand for all those ideals, you stand for all those sacrifices and you stand for all that is to be achieved for bettering human beings. You have to achieve a great deal for others.

You have to work within yourself what you can do for others. What you can achieve? What is the best way to imbibe those qualities within you that you become an absolutely unique personality. As I told you there have been many great leaders and many great people who are remembered by many people. Now what you should see? What made them so great? Why after so many years people still remember them? I have given you the statue of Shivaji Maharaj. He was another great soul. A great soul who had such principles and such beautifying life, in his language, in his attitude and everything. With all that he was a very brave person. Once you

have this you will not deter from doing anything that is important. You will have no fear of anyone. You will not go round and round but you will know how to find the solution and how to work it out.

This will happen to you if you really know yourself. You will have such powers of courage. You will not be a dare devil but with wisdom. Courage & with wisdom you will have and that is what is your Self, which will give you lots of wisdom and lots of courage. It's not a fighting spirit, it's not a violent nature, it's not a rude nature. But it is a very silent, beautiful, courageous attitude. There is a story about one Chinese saint that when this Chinese saint was asked by one king that he should teach his cocks as to how to fight in Cockfights. The Chinese saint said, alright you bring your cock here. I will teach him. All the cocks ran away from the field because in that standing (King's cock) was the power of wisdom and power of courage. Courage is silently very powerful. You don't have to bomb anybody, you don't kill anybody but you have to stand up with courage. And that is the another quality which will express, that is very polite, very sweet. You will be standing with that courage. I know so many of you are like that. There is no struggle, there is no fight. Just standing with courage and win what ever is right and that is quite possible because you have now the connection with the Almighty. You have the connection with the Param Chaitanya and that will work out everything.

I will be very happy to say that today I have seen so many of you are such good Sahaja Yogis. So many of you. And if you find anyone who is not, please report it to me. Please tell me. Please find out if there is anyone who is trying to be very oppressive and who is trying to control everything, who is trying to make money, who is trying to have lust and greed. It is to be expressed. So once you have really worked out, you should know that this is the area, what we call 'Dharam Yudh'. 'Dharam Yudh' means the war of religion. But not the way people are fighting. Our Dharam Yudh is that we are standing on Dharma and Dharma means not religion but it is 'Vishwa Nirmala Dharam'. You are standing on our religion and this negativity, we can call it as 'Adharm' which is fighting. So you stand on your Dharma. Unless and Until you are dharmic you can not have any achievement in Sahaja Yoga. I have seen people who are abroad, they have funny ideas and they will come and tell me, Mother "I have a wife but I am in love with another woman, so what should I do?" I said, You get out, that's all. Just get out. Or he may say, the wife might say that "Mother see I am having relations with another man and what should I do? I said, "You get out. that's all. You get out of Sahaja Yoga. You are no good for Sahaja Yoga and Sahaja Yoga is no good for you. Is a complete outcast. They have nothing to do with Sahaja Yoga.

Also in India we have problem of dishonesty. They are dishonest people.

This is our special temperament, I think. We are very corrupt people. India has become so corrupt that I can't believe it. I was here about 35 years back. We had never heard of corruption. Now they have become so corrupt and that's what enters into Sahaja Yoga. When that enters into Sahaja Yoga they will be just found out and will be punished, not by me, or by you but their own Kundalini. So every country has its own speciality as far as doing something wrong. We are not here to do anything wrong. We are not going to express ourselves as wrong people but we are here to prove that we are perfect, we are wonderful people. That is what is the Self, that we are perfect. We don't have to go according to what we were. It's a new realm we have reached. Its the new area we have reached and let us enjoy that great area.

I think all of you understand me that today I am little worried about people who are dragging Sahaja Yoga down and they should understand that I understand everything. When they will be harmed they should not blame me for that. It is obvious that they are no where near Sahaja Yoga. Sahaja Yoga purifies you everyday. You see one experience, you see one person, you see some events and it purifies you. That's the sign. Supposing I see somebody a dishonest man, immediately I start finding, I hope I am not doing any dishonesty myself! Just imagine, that you are the one who is the curator, correcting influence on yourself. Where do you stand? Do you stand on

the correction point or in getting finished with it. Yesterday's lecture everybody liked very much but this is the extension of that lecture. I am telling you, that you are very great people. You can save the whole world. I must say I never expected all this will happen in my life time . And it has happened and I see you as very great, very great people. Specially ladies have to work it out more. Because I am a woman and woman have the special capacity to love and to bear.

I expect all of you to become, beautiful Sahaja Yogis and that nothing can convince the whole world but your work, your abilities and also your power to love. So many things I have seen, experienced about you people and when I think about them, I really feel very happy.

I have seen people, how they have managed and looked after so many things which were difficult and have worked it out .So now we are in for a new world and in that new world and new race Sahaja Yogis have to show their results. They have to show their powers and their courage and their understanding. It is not serious. It is not frivolous. But it is joyous. It is just joy that you have to feel about yourself. I am telling you all this because this is within you, within your power. It is all the time residing within you and that you have faced it also. So I wish you all a very very happy Birthday so that you people have a new birth and a new understanding and a new personality. Try to accept that personality. Try to respect it. That's the personality is your Self.

May God bless you.

78th Birthday Felicitations Programme

(20.3.2001), Nirmal Dham, Delhi

न जायते म्रियते वा कदाचिन्नाय भूत्वा भविता वा न भूयः

अजो नित्य शाश्वतोऽयं पुराणो न हन्यते हन्यमाने शरीरे ॥

Atma is beyond birth and death. It existed always and will remain forever. It is unborn. It exists always. It is Perpetual (Sanatana) and Eternal. It does not perish with the death of the body.



The 78th Birthday of our beloved Mother, 'The Adishakti' fell on 21st March, 2001. It was the birthday of The One who is beyond Birth and Death, The One who is Eternal (Shashvata) (Akāl Murat, Ajuni Saibhan) (अकाल मूरत अजूनी सैभं) as Guru Nanaka has described. She is Form and Formless. But The Mother Adi Shakti blesses Her Sahaja Yogi Children to celebrate Her birthday and derive the ocean of joy and work out their ascent and eternal state of joy. Thousands of Sahaja Yogis poured in

from 96 countries of the world, bathed themselves in the ocean of Divine Vibrations and gave colour and gaiety to the celebrations. Many dignitaries participated in the function and expressed their gratitude to the Divine Mother. Thousands of messages of eminent personalities were received from all over the world, to felicitate Shri Mataji on her 78th Birthday, eulogizing her endeavours to ameliorate the condition of the poor and downtrodden. A few of the messages are reproduced in this issue.

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)**20.3.2001**

Those who have found the truth and those who are still trying to find, the greatest problem of human beings is (surprising) that they don't know themselves, they don't know what powers they have, they don't know what properties they have, they don't know to what height they can rise! This is the main problem of ignorance about your self. If you could just peep in your heart and start thinking about the spiritual life that you could have, you would know you are a treasurer, treasurer of powers of love, powers of justice and powers of wisdom. The problem is we have no idea as to what we are. And Sahaja Yogis also, they are so humble that they do not realize what powers they have. And sometimes I find they are a little shy to talk about Sahaja Yoga or to tell about it to others, because they think it might be their ego that is speaking.

Now I have to tell you one thing that ego will always deflate, it will always



deflate when you will face the society. Unless and until you face others your ego cannot come down. Now how? The ego is there, because when you think that others are better than you, when you are afraid to say that they have to transform and when you are worried that you

are being very aggressive. If you are a Sahaja Yogi and if you are meditating every day, you are cleansing your self, you have a power within yourself, which will show its results. It will show its powers and manifestation in such a big way that you start surprising at yourself. Is it what I am? With the Kundalini Awakening what happens? That all these petty things, as we call in Sanskrit 'Shadripus', they all drop out. But we must face ourselves. Some people in Sahaja Yoga think that we can become very great people or we can achieve some great positions and all that. That's not the point. It's not outside. It's not the outside ambition, but the Inner Light, which has to shine through. All of you



are quite intelligent and are experts, I should say, as far as the chakra knowledge is concerned; but what about the knowledge of your self? Do you know about your self, what you can do, what you are capable of? That's the point where we are missing. Alright, it is the urge within because you have got your self-realization but you still lack in one thing. It's complete confidence in yourself that you know the truth and as the people who know the truth what you have to do is to spread the truth to make this darkness of ignorance pass away. But in Sahaja Yoga also I have seen people, when they come, they start getting ideas about themselves and trying to organize things. They do all kinds of things. I know that. Instead of that if you get full picture about yourself, what you are capable of and what you can achieve by giving realizations to others, by making them understand what their powers are, not yours, their powers, what they can achieve, I tell you, we can go very fast with the spreading of Sahaja Yoga. But this fear, that we may develop ego, there are many who have this kind of a

nonsensical idea, you cannot, because the more you will meditate, the more you will face yourself, you will know that you have so many great things within you, just like a store-house of jewels. But you must respect yourself and you must know within yourself, what you have got, not what you want to achieve outside. Like there are some who try to be leaders, this that. That's all nonsense. That is of no worth.

The best thing is to know that you are the treasure of great value system within and you can awaken that. You have powers, you can do that very easily, without hurting anyone, without troubling anybody, without taking any money, all kinds of things. But as it is I find the people are either money oriented or power oriented, outside, not inside. Inside is the wealth, inside is the power, inside is everything that you can think of. There are people I know who never used to come on the stage to speak even. Now they have become great speakers and I am amazed to see how they have been transformed! The

greatest transformation is that you know yourself fully well and that, with that knowledge you change others. Don't keep yourself limited to yourself. You have to spread out. This power has been given to you to know yourself fully and to be confident and to be kind and gentle and talk to people in that way that they know that you are a Sahaja Yogi. It is not given to you just to say that you are Sahaja Yogis, but to know yourself fully, to peep into your own treasures, into your own understanding. Now I must say there are so many people in this world, millions and millions, why you people have come to Sahaja Yoga? I didn't choose you. You chose Me, and when you have chosen Me you must know within yourself that there must be something in you that has made you come to Sahaja Yoga and to understand the subtle system. It's very subtle and it can be known only to very subtle people and not to gross people. But if you yourself discover yourself and then you go ahead there can't be any ego because you are not ego. Those who have ego,

as I told you, they even make money out of Sahaja Yoga. They even try to organize things, something to promote them. They are on a very different level but if you are not that kind then you should not become just stationary. You should do what it is to find out, what am I? Christ has said, "Know Thyself" Mohammed Sahib has said, "Know Thyself." All of them have said, "Know Thyself". That means you are something great. You have hidden properties within you which you do not know. Once you know yourself, you will have self-respect, you will not do wrong things, you will have no anger. But you will be an ocean of love. That's what it has to be, that's what Sahaja Yoga is. I understand that these are the worst days. This is the 'Ghor Kaliyuga', as people say. Alright. But why are you here during this time? To enlighten people, to give them the right ideas. But how? Unless and until you do not know yourself fully that you are capable of this and you are capable of that. You see the life of all great men, I would say people like Abraham Lincoln.



He realized in very young age that he has to assert on others his own value system by showing his own example. Though it was very hard for people to understand him,



still he has shown such results. I have read many lives of this kind like in Turkey we had Ataturk. We had every where one person like that. In India we had Lal Bahadur Shastri, who was such a great man and who knew about Sahaja yoga, who is to respect me so much, people would wonder, why should he respect me more than he would respect my husband or anyone else. Because he realized what I was. But he didn't get the chance. Now you people have a chance.

Alright, I am quite old now, it's correct, but still I am not going to give up. Till I live I will work very hard to convince you about your own personality, your own Self. That's what I am living for. Till you are completely convinced. You will be amazed that people who come to Sahaja yoga also do all kinds of non-sensical things. I know, they do. But they are not Sahaja Yogis in a way. Because unless and until you go deep into yourself, unless and until you find out what is your personality, in the real sense of the word, whatever you may do, it is not Sahaja. Sahaja

means spontaneous. It comes spontaneously to you. As it is, we know in Sahaja Yoga you get connected to that area which Einstein has called as 'Torsion Area'. But that

'Torsion Area' is there behind you. Param Chaitanaya is there to support you, to help you. All of you have got this but despite that you don't believe in it. Believe in your self. You have that power within you. I know of one fellow who was in Bombay. he was a fisherman and a great Sahaja Yogi, I should say, we have lost him. So one day he was going to another island for spreading Sahaja Yoga among fishermen. He found in the sky such black clouds, threatening. So he came out and he threatened them, "I am going for my Mother's work. How dare you bring the rain? You should not bring the rain till I come back." And it was surprising. He went out, did all his job, everything, came back after 5 hours and when he went to bed it started thundering.

The nature will be with you because nature is our representative. It helps us. If you are of that quality, nature will stand by you. You have seen that many a times nature has helped me. It is not because I have any control over them or I tell them anything, but only thing they realize that



I am here for such and such work and that I am to be supported. In the same way if you can establish it, the nature will know that you are the people who are here to redeem the whole universe. You can do it. I may think that the whole world should be redeemed and all that. But how can I do it? If I could do it I would not have to have channels and these channels who know their jobs, they know themselves, those who are quite capable of doing it. You are special people no doubt, otherwise why are you here? But that speciality is this that you are a good conductor of this Divine Energy. **You are a wonderful conductor. You are an expert on that. It just works. It works automatically but your connection with the Divine should be absolute.**

Now talking about absolute value is correct but these absolute values, do they exist within us or not? If they do then why not we make others imbibe them? It's not difficult, it's not at all difficult, I tell you. I am just an ordinary house wife. So what? It's just my love, just my, I

should say, nature itself that it has worked. I was sure about myself. Though outside I may look a very humble housewife, people used to think I don't speak much because I don't know English. This was the situation. But that's not the point. The point is, I knew what I was, I knew what I am, and I knew what I have to be. That's all. That's the only difference. **If you people develop that knowledge within yourself, you can be dynamic. You will not have ambitions, you will not have desires, you will not have anger, you will not have greed. All these things will drop out like that.**

First of all we have to know what is our basis. And the most important basis is that we are born in a particular country, and we should get concern about that. They say that I was a revolutionary and all that I did and I went to jail, but that was just to get my country's independence. That was different. But after that independence what should have happened? Is to make people

realize what they are. Not only India but in every country one has to understand what is the need of that country. What they have to do to improve, to help, to rise, to transform? You should not; I never asked you that you change your names or anything, though you asked for Indian names, alright. But what the main concern is that you should have concern for your country men. You are so empowered, your kundalini has

reached that state where you can do a lot. I know some of you have done a lot and have worked out but still all of you have to do it. I would just say that 78th Birthday (I forget also) I am just the



same. I have not changed much because within myself I feel that I have to tell people what they are. I have to tell them what they can achieve and I have to move in such a manner that they see it that nothing is important than to know what you are. You are rich, poor, doesn't matter, nothing matters. What is important, is to know yourself. I am surprised, very little has been written so far but I find Tao by Lao Tse. I don't know if you have read the book of Lao Tse, about Tao, meaning what you are? Tao

means what you are, and he describes very nicely that when you are that what happens. Now the gap was how to achieve that state, how to reach that state was not given. He only described people who were Tao, who were realized souls, who were of that level. I was surprised that he never said about Kundalini but he talked about the river Yang-Si. That it is Yang-Si river which is a symbolic way. He was more poetic. But

ultimately reaching the ocean that river becomes the ocean and then what are the qualities of the ocean, he described so beautifully! Now I would say you all have become supposing the

ocean. So are you behaving like the ocean? Are you understanding your capacity to be an ocean? What an ocean is?

Look at the ocean. It has it's own boundaries, 'Maryadas' it does not cross. If you try to push it on one side it will come out side. So you have to be in your maryadas we can call it also in your balance. That's very important that you should be in your balance. Now many people say who have given up smoking,

have again started smoking, who have given up drinking, again have started drinking. That means you have lost your maryadas. So those Maryadas must be watched. Watch yourself. If you go on watching yourself you will know what you are. Must watch yourself. You call yourself "Hello Mr, So now, what are you up to?" Then you will see how your mind is working. With that thing what happens that this ocean which is the love of Divinity, just starts flowing. Now this ocean perhaps we don't know, that ocean is the lowest thing. We measure all the heights from the ocean. If the ocean is at zero point then what is the height of the Himalayas. So it keeps at the lowest because being the lowest it receives all the waters, all the things that are coming from the rivers or from the rain. Then it burns its body in the sun. It's open. And when it burns, it creates those clouds and the whole circle is created that these clouds can go and shower rain on people. And again they become rivers and they come back to the sea. Everything has to go to the sea because it is the lowest.

So you stand at the lowest point with your confidence. At the lowest point don't compare yourself with another person who is doing very well in life or may be something, but see that you are the lowest and at the lowest point you stand and you would be amazed that everything will come to you. Everything will see that it flows into you. Main thing is Knowing Thyself, it means that you

know that you are the highest. You are the highest but you are highest because you stand at the lowest point. It's true that I have tremendous love for the poor people. It's true also that I have been really very much yearning to do something for that and that is how we have started at least 16 projects in India. Now all that is done just because I can't contain myself. All this kind of miseries and troubles they have. Like Orrisa I have prayed so much because it's a country very much troubled. We should find out why it is so much troubled? What is the problem there? And I tell you it is a very great country, Orrisa is. I have visited it also. And main thing missing there is that they still have no confidence. If they develop Sahaja Yoga within themselves, no floods can come, no problems can come to that country. Same in our country, same in your country and everybody's country.

First of all we must have much more Sahaja Yogis and we must have Sahaja Yogis who know they are Sahaja Yogis. To be very much confident of the fact that after all you are Sahaja Yogis. Why not? What ever I can do, you all can do also. Why not? You are my children. You can do it. But the confidence should be there that as Mother is, we could be the same, without any ego coming in. Because mostly I have seen people very afraid of their ego. There is no ego in it because you are like the ocean, I have said, which stands at the lowest point. In the same way it works out. It's so

beautiful to love the whole world. It's so beautiful to enjoy your compassion, to enjoy your generosity. I enjoy my generosity much more than anything else. But in that generosity I know that I am not doing anything. It's just expression of my sense of joy. I see flowers, I am very happy. In the same way I give something to someone I feel very joyous. It's a joy. Joygiving quality and all joygiving qualities are within you, which you should discover. You have got also peace giving qualities. **Such a lot of peace is within you, which you can transmit, to the atmosphere, to the people to everyone in case your peace is established.** If there is anger temper this, that, it won't workout. So you should watch yourself, see yourself, should meditate and find out, what is lacking. It is such a tremendous force, I think, sitting before me. They can

explode all the myths of the world. I know that. But I don't know how to ignite, what to do, how to tell them?

Now I would again and again tell you one thing that on this Birthday if you really want to give me something then give me this that you show your confidence and you work it out. Where ever you are, don't have to change the atmosphere, don't have to change anything. Where ever you are with honesty, with sincerity and with humble nature you can really do a lot. In every country you can do it and in the whole world you can do it. This is my greatest desire and I hope, I am a person who is desireless, you will fulfil this subtle desire I have, that we should transform the world.

May God bless you.

Speech of Her Holiness Mataji Shri Nirmala Devi

On the occasion of release of book by
Sir C.P. Shrivastava : 'Corruption - India's Enemy Within' New Delhi, 17.12.2000



I bow to all the seekers of truth. After all these great speeches, I don't know what to add to it. But only solution I feel as a Mother that if you have really love for your mother country 'Deshbhakti', that is the solution of the whole problem. If you are a Deshbhakta you can't become corrupt. This is a quality if you can some how or the other inculcate, by reading about great patriotic people, by reading about people who have sacrificed their lives! They have done so much to achieve this freedom. If you can just understand what feelings they had for this country! This kind of emotional intelligence as they call it, if you could only develop that kind of love for your country, I am sure that you will become absolutely honest. No question, there is nothing to be done, but this is something very much innate and very much desired by the Divine. If you have to really have peace of mind, why

become corrupt, I don't know! I have never seen a corrupt man being peaceful or happy. My parents I know and I know so many of their colleagues and friends, they sacrificed everything for the country. Because I am an

ancient person I have seen all that. How could they do all that suffering, all kinds of going to jails and bearing all kinds of atrocities! How could they do it, I have seen it. And why not now, we the Indians remember that this is our great land. And we have to love it. Great people have born in this country. Nowhere in the world you will find so many great people being born. Their greatness is their 'Desh-Dharma', that they love their country and that's how we get nobility. As he has said there are so many things in our 'Desh-Dharm' and as you know that people have talked of nobility, of greatness and all that but why is it today, I don't understand, that we are drowned into this

nonsense of corruption! 35 years back we left India, both of us. And when we came back, I was shocked, we had never heard at that time anybody being corrupt at that level. Even a chaprasi would only ask for a rupee or something. I mean we don't see the poverty of this country. They are not concerned as to what's happening to us with this horrible corruption. It's a disease worse than cancer. And to cure it, I think one way is to worship your Mother-land. Morning you worship your Motherland. You have her photograph. You see Her, do namaskar to Her and remember that you owe a lot. To be born in India itself is a very blessing thing, that you are born in this great country. Be grateful to that. You will be amazed, it is greatness to enjoy that kind of love. Thank God I have a husband who is another desh-bhakta. I have been always telling him that I am out and out deshbhakta. He was in the

foreign service but I told him that I don't want to go to any foreign country. I want to be here. Here you choose Indian Administrative Services, and he did it. Not only he did it, but I must say, he never complained about something missing in life. Of course I am another person of a different type but he himself is like that. I was so happy that this book has come out. That though my vision, as you know, is very global and I want the great transformation but I know it will take too much time. A book like this, if people take it and understand it and do it seriously then may be my vision can be easily achieved. That's what I feel and I pray that all of you should take a vow that you will love your country and will have no joy in harming in anyway your country. If you can learn that, that is sufficient to give you a very great light to finish off this horrible thing called corruption.

May God bless you all.

Sahasrara Puja

Cabella - 5.5.96

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

Today we are celebrating opening of the Sahasrara. On this day I must say, it was a great happening that took place for all the humanity. It was such an achievement which I never realised before. Now I can see that without self realisation, it would have been impossible to talk to people. When this happened I thought that how will I talk to people about it, because no one will understand it and it would be a big mistake on my part to say something about Sahasrara. Because even in the scriptures nowhere anything was described about the sahasrara. It was absolutely an ambiguous description, I would say, where people could not have even thought that there is a realm beyond Sahasrara. And one has to enter into that realm where the reality is.

That time what I saw around me, I felt it is all darkness and unless and until there are many lights people will never realise that how important it is to have lights. It is a human error also, all the time, that if somebody achieves something, then they put that person unto a shelf. For example, Christ, all right He was Christ, we are not Christ, Mohammed Saheb, he was Mohammed Saheb, we

are not Mohammed Saheb, Rama was Rama, and Krishna was Krishna. We are not that. How can you expect human beings to behave like them. So, absolutely they separated the Divine Personalities away, very much away, from human personalities. It was just an adoration, I can say, faith, but when they said we try to follow them, they could not. They could not follow them because I think human movement is on parallel lines with the Divine; and these lines do not meet unless and until you give them self realization. Human level is moving on another plane and it has to come up to a higher plane to understand that what they know is not reality. I wouldn't say what is needed for that because in my own experience all kinds of people came to Sahaja Yoga. These people described to be very bad, cruel, another ones who were very licencious, this that; then another ones who were very cheats. They say that, Mother, they were horrible. But I have seen that every human being is made of the same character as far as the Spirit is concerned. Outside they may be different to look at, their way of talking may be different, their styles may be different, their fondness for things may be different.

But inside they are all very beautiful. And this I found out one after another. You don't know how much it was giving me joy, not only joy, but also encouragement, support and patience. And then, now you see, how Sahaja Yoga has spread!

The greatest thing has now happened is that which I now realise, I am very happy about it, that Sahaja Yogis feel very responsible about Sahaja Yoga. They feel that they have to spread this enlightenment everywhere. It is their innate desire now to spread Sahaja Yoga. Firstly it was that they should become Spirits, before that there was also some people who didn't actually seek the Spirit but they also became Sahaja Yogis, and I am surprised with some of you that I never expected that they would go so far and suddenly you hear that such and such person has gone there, has done this, has done that. So when you came into the Realm of Reality, I don't know which principles you accepted first. That is your understanding. But one thing you realised that you are definitely connected with the Divine. Some people had tremendous experiences, some had mild experience but most of them, I saw, started believing in themselves, understanding themselves and having confidence about themselves. Because there are so many myths about God, Religion, Gurus, that when they saw the light of the Spirit which gave them sense of reality, as if they studied their mind, they studied themselves. All this happened, I must

say, in a very short time. I didn't say that it took me long or I had to go through lots of various experiences because to me all these experiences are nothing. If a ship is sea worthy it can face all kinds of high tides, all kinds of sharks, everything, without any difficulty, because it is sea worthy. So I didn't feel that way, but only I felt that from human level to this spiritual level, to this Divine level, when you are coming, then some of that still lingers on, some of that is still there. It has to be cleansed, it has to be brightened or absolutely enlightened. But what was the great thing about Sahaja Yoga that you yourself did all that. It is nice to say, 'Mother You did this, you did that'. May be enlightenment part of it. But see now there are lights here and these lights unless and until they are attended to, looked after and given oil of love, how can they go on burning? This is something what I must say that you people some how or other realised how important it was to become good Sahaja Yogis. May be introspection, I don't say, may be somebody else talked about it, may be its your own understanding. Whatever it was, all of you tried to be good Sahaja Yogis. Of course, there are people who are sometimes very angry with me, like why don't you cure my sister or why don't you cure my father if you are God, this, that is there. But makes no difference to me because they are so frustrated, so upset, so they are talking like that. If you see one or two such persons here and there, you see there are thousands such beautiful people.

Complete emancipation of this earth, of this globe, I am sure, will take place, if you people all take up the responsibility. The responsibility has certain problems which we should know. **When you feel responsible, you must know that you are not incharge, one thing, secondly, you also must know that there are so many other forces, so many Angels and Ganas are with you. You are not alone. So, to think that you are doing anything will make you, may be, egoistic. At that time, what you have to do is best to say, 'all right, I am not doing anything, it is the Divine that is working it out.'** Not that the Divine wants any credit for it. But by saying that, this balloon of ego will not come up, and you will become humble. This humility will definitely improve this gravity of spirituality within you. Definitely, it will make you a very evolved personality, no doubt about it. **But first of all, we have to say, "I am not doing anything".** It is a very important to understand when you have Spiritual authority to do things. It is not a testing ground. I can tell you this much.

Many people think that Mother is testing us. I am not testing, you are testing yourself. I am not saying, don't do this or don't do that. You are testing yourself and now you must know that you are in the beautiful Garden of Reality where very few have entered. And there in that garden when you enter, what do you see is that everything is full of beauty. Every person has something sweet about

himself because all other Sahaja Yogis are also having the same kind of experiences of this Reality which cannot be described in words. But to start feeling that oneness, that nearness, that friendship without any expectation. You start feeling, 'Oh he is a Sahaja Yogi'. A kind of a complete integrated organism you become, become an organization, I should say, it is a living organization. In that you do not feel that you are something separate. Any Sahaja Yogi whether he is highly placed, or not doing much in life, this integration, this oneness, is feeling of identification with others, makes you so large, so big, so great, so powerful. You are not alone and you say, " I am not doing anything." So you become so humble that you forget all these false ideas about class - consciousness or religion consciousness or, I don't know, all sorts of consciousness people have. I don't know much about these consciousnesses that human beings suffer from, but I have seen how it happens. And then that humility becomes your character, not that you are humble because there is something to be done, you are humble. When people are doing some sort of a business then they will be extremely humble and nice and they will be very unkind otherwise. Here you become absolutely humble and there is no duality in your personality left. But that doesn't mean you become weak. **Humility is only possible for people who are strong,** because they don't need any reactions. They don't need any protection. Their humility keeps them

protected also very much. **So you just start thinking or feeling, thinking is a funny word, feeling that you are a small dust particle. At the same time you feel you are the whole sky.** It depends on where you are, what you are doing, what you are seeing, what you are witnessing. Sometimes you feel that all these big- johnnies are useless. To feel nothing to worry about them, They are very small and with some people you feel that you are very small. Such a flexible temperament you develop, and that makes you subtler and subtler because you can penetrate into anything, any subject, any personality, any understanding, any book, anything, any enterprise, in a very subtler manner, and you immediately see, what is to be done. Because you become so subtler. And then when you become very great, then you start thinking or, I should say, feeling what you can do to help so many people, to do this great job, to do that. This when happens to you, they don't think that you are egoistical. Nor you should think that you are very small. Only thing is now you are the spirit. My spirit is very subtle, so very subtle light, but it can penetrate into anything, it could expand into anything, it can remain anywhere but it can disappear anywhere. This subtle personality, that you are, which is your spirit, you even don't use it but it uses you all the time. Without your knowledge it uses you.

So the second thing should be that you should not determine what you are

going to do. What I have to do? If I have decided ,I must do that. What ever you have decided is alright, but if it does not materialise there is nothing to worry, there is nothing to be upset, there is nothing to be overly nervous about it. I give an example. One day I was going to America. And of course, you know as it is as all the Sahaja Yogis are, they get quite worried that Mother has to go to America. Every body is upset. They are looking at the time, now the time is this, time is that, I said, I have to go to America, why are you worried? And suddenly one of the Sahaja Yogi's child fell down and broke her hand and she couldn't move her fingers. So I was just coming out and as soon as he brought the child, I said all right, I am not going just now to the airport. They were very upset. Now She is not going to the airport, as if all the havens are going to fall down or what. But I said now let me see the child. I treated the child and the child was all right. All right, I said, let's now go to the airport. They were saying 'Mother the plane must have left. It is all right, does not matter, lets go to the airport. We went to the airport and this plane that was going to take me was just there because there was something wrong with the plane and there was another plane going to Washington and I actually wanted to go to Washington instead of New york. So I was in the other plane, nicely going to Washington. **But one must know that you are not doing. Everything is arranged and planned and beautifully kept for you. You decide something**

all right, if your decision is all right, if you have to do that, it will work out. If it doesn't work out, it should not have been worked out. Now this is the difference between a person who is a realised soul and who is not a realised soul.

A realised soul person is not bothered what he wants, what he likes, what he is fond of. What he gets is alright. Now I can see you are living under this roof which is so horrible. There is no proper arrangements here, nothing. I don't know how you are living here? I don't know what to do. We are trying to get a land and this land owner is such a greedy fellow but I don't mind a greed part but still he is not giving us the land. It is alright. What to do. But you all enjoy it. You don't mind, otherwise normally, people would say, no I want this kind of a room, I want this kind of house and this that. That you can live in under any circumstances because you don't worry about your physical comforts any more. What you think of is your own Spiritual Comfort. I have seen people, Sahaja Yogis so beautiful, even children, if there is something going on, something funny comes in, immediately they will close their eyes. They don't want to see this. Nobody has to tell them because you see they have a sort of insight they have built in that subtle personality which cannot stand nonsense. If there is something, they may not be harsh, but just they shun and go away from such places, automatically. So to describe the new

personality is this way, that in the nature we see very clearly. In the nature what we see is that a tree grows. Now it has to expand but it cannot, so it does not. If it can, it will, and also it tries to bring all the leaves exposed to the sunlight, somehow. I don't think the trees have that much intelligence to organize it. But there is something that organizes them so beautifully. It is not only one tree, but thousands and thousands and thousands. The one who does all that is the one with whom you are in contact. The trees are not, they are just playing into the hands of nature. But they can not manipulate, manoeuvre, understand this Divine power. They cannot. Animals cannot. Even human beings cannot. But you can, because you have crossed the limit of this human bondage. And now you are just like great citizens of the great realm of Divinity.

So this Divine Force helps you, works out every thing and also, it guides you and manages you. So what you have to do is to keep yourself open for the guidance. At the same time you must act. Because the guidance will also come from within, by which you will know this is what I have to do. Supposing even then you feel that it was not achieved by you, when you feel that still I don't know why I couldn't get what I wanted. Try to understand that is what is the best for us. It never means that you should give up, you should not desire. I have seen Sahaja Yogis' desires are much more powerful than mine. The reason is that I

am desireless. I have no desires as such. Try to see, fathom out, if I have any desires? I see I have no desire of any kind. It is alright, I do not earnestly want anything. You can say it is a very frivolous temperament. But it is all, you see, very different with you people. You people are very differently made. Because you have achieved something, I have not achieved anything. I am what I am. Because you have achieved something, you know how you were and what you are now. Because of your achievement, I think, it is a boon that whatever you desire works out. Because you have worked so hard, it's a boon, it is a special blessing for you whatever you desire. So many times I have told you, don't desire anything which is not proper because whatever you will desire that works out and that will be effective.

Now try to realise that you are no more ordinary human beings. You have crossed the bondage and now you are not even the Sahasrara, you are beyond it. Sahasrara is the limbic area and this limbic area is closed like a lotus. And when you get your Kundalini entering into it then lotus opens like this. And that's what is written in the Bible, that I will appear before you like tongues of flames. This is the Divine saying. So these petals are nothing but nerves which are enlightened just like these and they look like flames, but these flames are without any heat. We call in Sanskrit 'Taap heen', no heat, extremely cooling, soothing, beautifully burning.

So when this Sahasrara lotus opens, then the Kundalini pierces through your fontanel and you get your realization. This is what has happened. **Now the only thing is to keep this lotus open and there we fail sometimes because still there are some lingering human feelings within us.** Firstly it is all covered with ego and conditioning or you can say super ego-two balloons. These two balloons again and again try to close the Sahasrara. So you have to be on the guard that what is closing my Sahasrara. The first is ego which how to attack? Because you want to attack your ego, you will have to attack through your ego only. That's the only way you can. So we have this state of Nirvichara, of Thoughtless Awareness where we have to be. But the simple thing to do is very practical. Try to understand why you are being egoistical; with whom you are angry? Why you are angry? What makes you think to dominate someone or to control someone or to check someone? Why? The mind will not answer. The simple thing if you can do that whatever things that upset you and make you feel very great, try to understand that compared to you nothing is great. Compared to your love, nothing is great, compared to your compassion, nothing is great, because in this there is the light of Divine Force. You hate someone, you get angry with someone, just know that you have to love that person.

Now how will you love that person? There is no way to have any

measurement of that. But love itself will suggest how satisfied you are feeling, how happy you are. I will give you an example. The other day, I received a letter from someone in Poland, challenging me very much, that her mother is sick with cancer or something and challenging me all the time. If you are God, you must cure my mother, if you are God, do this, do that very amusing. I said alright. I put my attention to this lady. Perhaps her mother is better. But instead of getting angry, I said, she is so frustrated, she is so upset, she is so worried, even if she says if you are God, she is challenging me, it is alright, makes no difference. Whether she calls me God or no God makes no difference. Whatever I am, I am. So instead of getting angry I felt tremendous compassion for her. She is a human being and her mother is so sick there. That's the only source of her life, then I can understand why she is so upset. So if you just try, which you can do very easily, very easily. It's not difficult because you are realized souls, I am talking to saints. If you just put your attention on a person with love, then what happens, you get understanding. Understanding of that person. You realize, as if identifying with that person, then you realize if I was in her place as a human being what I would have felt? This desperation, this anger. If I was sad, if I was the same type of person with the same kind of problems, then what would I do? That solves the problem. So the identification part, you have such powers, you can penetrate.

The identification with others is very important. And you can do it because you are realized souls, you can do it. Just place yourself in the same position as the other person is. And then you will realize that you have powers of love and identification is the only way, I think, one can understand love. This ego will be immediately sucked in as soon as you put your loving attention on that person. In your life time you will get so many experiences like that, that you will be amazed at yourself, how can I do all those things? Because you are a realized soul.

Also, as I said, when you are identified with another person you put that person in charge of Divinity. Just a feeling of oneness. Some times we have also very wrong ideas about ourselves and about others. In small small things also we have our own ideas about something. Say, some sort of a living standards, some people have will act. I don't like it, I like it and I don't like it. Not a saint, a Saint never says that. That time when you say that you are falsely identifying yourself with another person. Now supposing, somebody has done such a beautiful flower arrangement. Instead of appreciating and enjoying it, you come and say, I don't like it, this could have been better, just to show. I don't know, why people say like that? But if you identify yourself with the man who has done it, or the gentleman who has done it, you will enjoy it the way that person enjoyed, doing it. Because you are just thinking about yourself, self

opinionatedness with which you think that this is not done so good, that could have been better, this could have been better. Who are you to judge any one? This criticizing nature comes from a terrible misunderstanding about oneself. What are we? Why we should judge anybody else? Are we paid for it? So why waste energy on judging others? We should see, what is good in others. Because in the realm of realities, it is all good, everything is fine, everything first class. **But if you are trying to see what wrong with others, then you are not in reality. You can watch, you can witness but you do not get upset with it or you do not even say something that would upset others.** You are watching it, it is all beautiful, I mean, just the joy of the person put it all these beautiful things of all the persons is just bubbling through that. But unless and until you are identified with those who have done this, you might say this was, this should have been better, that should have been better. You can be in the same position. Supposing you do something, another one will come and say, you should have done it this way, that way. Wasting our energy for nothing at all. Our energy is spiritual energy. Then again you become like the sky, I tell you, the greatness. They are too great to bother about these things. Wasting our energy on very-very trivial things, and useless things and just making yourself small!

But if this spiritual energy is used, because you can use it, you are the ones

only who can manipulate it, not the trees, not the flowers, then what you will do is to create oceans of joy. So then we come to Sahaja. What has Sahaja given you is alright. But what have you given to Sahaja Yoga. What have I given to Sahaja Yoga? Have I created oceans of joy for others? What kindness I have shown? What compassion I have shown? What love I have expressed? Alright, whatever Sahaja Yoga has given me, I have taken it for granted. Once they come to Sahaja Yoga, they think it is a contract already signed and if this thing doesn't work out then what is this. We had a contract with God and we have not been awarded fully for whatever we have paid, whatever we have done. But what have you done in this realm of Reality? Have you enjoyed the reality? Have you felt the joy of this real love of Divine? Are you dissolved into that or you are still standing on the shores watching? You can create, you are quite capable of creating tremendous joy, tremendous happiness and peace. See the world today, in what conditions it is? It is complete turmoil, confusion, all kinds of corrupt and destructive things going on. So ugly this world has become. Can you beautify it? You can, because you can transform people. But if you are not yourself a beautiful Sahaja Yogi how can you do it. **So it is our attention on ourselves when we work out that we have to bring others into this realm of Reality.** This is one side ourselves where we have to understand our subtleties, the other side is that we are still identified

with things which we should not have been identified. We can just find out, identified with ideas, identified with some sort of a consciousness. All these things make you really, to be very frank, they befool you. All the fools, who are conditioned are really, I don't know what to say about that, because they are like a train which has no driver. God knows when it is going to collide. Because such people who are identified, I know, now you must have seen also those who go to church, get ready nicely, go to church, sit down, sing hymns, come home and again quarrel and fight. But if they see a church, they will bow. Nothing goes inside of those who go to that church. All there are, who are like you must have seen the Jews, you see, wailing wall they have got and before that they do all kinds of things. What happens to them? Nothing. Same with the muslims. They are so conditioned. I mean, cannot be described about their conditionings, how stupid they are! And these conditionings go on making fool out of them. I know so many people. Once in my own life, I was with some relation of mine. This gentleman used to get up at four o' clock and would start singing some sort of a 'Ramraksha.' The whole house is sleeping, children are sleeping but he is shouting at the top of his voice Even Rama might be sleeping at this time. But he would shout. His bathing was another thing. Everybody knew that he is having the bath because he used to sing another shalokas or something, go on. But it happened that I was in the next room, and I heard

something like banging-banging-banging. I said ,what is the matter? I thought he is suffering from epilepsy or what. So I rushed to other people and told them that this gentleman is suffering from epilepsy. They said " No, he doesn't suffer." I said why this sound comes?No,he is rubbing the chandan. You know, Sandal wood. And with such a big thud, every time he was putting that stone on the ground that I thought he had epilese. They said, whatever you may tell him, he will never listen, he does it everyday. What is this? This we understand as stupidity when we see others, when we see human beings. But even realized souls, who are in the Realm of Reality, you do accept sometime unrealities, because of age old conditionings .Your forefather was like this, your father was like this, your forefather's forefathers were like this .So that is still coming. They call it genes.

But in Sahaja Yoga these genes also change. So this kind of a conditioning which is lingering on still to your bodies, to your minds, to your emotions, has to be seen and cleansed out because that kills the joy, that kills the full experience of Reality. If you want to have the full experience of the beauty of reality, then you should shed out all these things which are really befooling you morning till evening. People take advantage of such people very much. As I have told you,entrepreneurs, will start with one fashion, every body will take to that. But we are not brainless people. Not only that

we have brains, but also enlightened brains. We do not take to things which are just in fashions, we don't, What we do, we have our own fashion. This is not ego. This is identification with your own Spirit. You won't take to any thing stupid or non-sensical, if you have the wisdom of spirit in you.

So in the Realm of Reality, We have all the seven chakras, absolutely enlightened, integrated and nourished. At that position, what we see is Ourselves, as I said as nothing is limited. Absolutely unlimited. Even this when we say, we penetrate, we do. When we say we expand, we do. When we contract, we do. Its absolutely a flexible personality and a personality that creates peace, joy, harmony. With the Sahasrara opening, I am sure, the whole world will be integrated. One day I will understand these problems that are

facing us because of stupidity. This integration, I am sure, will take place and when that takes place, you will see the life of the Divine will be absolutely outshining all these darknesses or destructive forces. Its is going to happen. If so many Sahasraras could be opened out, then why not the Sahasrara of this world also is opened out to truth and reality. It will.

So today is such an important day for us. In the history of spirituality, I think it is the very important day. For us is to realize that we are enlightened, we are the light of joy, light of compassion, light of love. Like the silent flames of the Sahasrara, in different colours, beautifully dancing. Then we will know what the enjoyment of reality is.

May God Bless You.

Statutes of The Lord

Essential to Become Gurus (Guru Puja - 1981)

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)



Why is this Puja arranged? One should know that it is very important for every disciple to worship his Guru. But the Guru has to be a real Guru, not one who is just exploiting the disciples and who is not authorised by God. A Puja is arranged, because you have been initiated into the statutes of the Lord. You have been told what are the Dharmas of a human being. For that actually you do not need a Guru. You can read a book and know what are the Statutes of the Lord. But Guru has to see that you practice them. These Statutes are to be practised, to be brought into your own life, which is a difficult thing and without a Guru, a correcting force, it is very difficult to follow these Statutes of the Lord because, there is a very big gap between Human Awareness and Divine Awareness and that gap can only be filled by a Guru, who himself is complete.

Today is Purnima, which means complete moon. A Guru has to be a complete personality to talk about these Statutes and to elevate his disciples to this level of understanding by which they imbibe those Statutes. He is here to fulfill this Gap and for that it is essential that every Guru has to be a realized soul of a very high quality and greatly evolved. He need not be a person who is an ascetic or a person who is living in a forest. He could be a common householder. He could be a king. All these outward manifestations of one's life do not matter, whatever may be your position, I would say the so-called position in this world, makes no difference to your being a Guru if you have imbibed the Statutes of the Lord.

Again I say you have to imbibe the Statutes of the Lord. Let us see what are the Statutes. The first is, "You

cannot do harm to any one'. Animals do harm without knowing that they are harming someone. If you go near a snake he'll bite. If a scorpion is there he'll put his poison into your being. Humans are not to harm any one. They can correct but not harm. But the principle of not harming others is taken to a point where reality disappears; e.g. when it was said "Do not harm anyone", people started saying, "Alright we will not harm mosquitoes and bugs and will not kill them." And there are some people who are following religions in which this is an absurdity. Taking anything to absurdity, cannot be reality. **First of all we should not harm anyone who is walking in the path of God, the one who is a realized soul.** There may be some mistakes in him. He may need correction. Nobody is perfect as yet. So do not harm. Always try to help. Secondly, anybody who is a real seeker, he may be wrong. He might have gone to wrong Gurus, he might have done wrong things. But have feelings for them because you have been going on wrong path yourself sometimes. You have been misled before, so have some sympathy. That is why if you have done mistakes- in a way it is good, because you have more sympathies for such people. Then you are not to harm human beings in any way, you are not to cause them any bodily harm, or any emotional upsetting just for harm's sake, for correction it is alright.

The second statute is that you have to **stand on your own legs. And know that you are here one with the Truth, the testimony of Truth, that you have seen the Truth.** You know what the truth is, and you cannot compromise with false-hood. You just cannot. For that you need not harm anyone. You have just to profess it. You have to stand up and say that you have seen the Truth and this is the Truth, and you have to be one with it so that people see that light of Truth in you and they accept it.

Test yourself. It is not for telling others that you have to be truthful and this is the Truth we have seen and this is what God's laws are, how they work out. Through vibratory awareness we have been able to see that this is the Truth. But be completely confident about it. But for that, first of all, you must test yourself completely, otherwise you might be playing into the hands of evil. It happens with many people who start doing Sahaja Yoga in the beginning. They have to receive Vibrations. So be cautious.

Be sure that you are telling the Truth and nothing else and that you have felt the Truth in full ways. **Those who have not felt the Vibrations, should not talk of Sahaja Yoga. They have no authority. They have to receive Vibrations. They have to fully imbibe within them and then they can say Yes ,we felt. This is a**

very important task Sahaja Yogis have to do in the modern times,- i.e. to tell aloud that they have found the Truth. That part is very week. Whatever way you like you can announce the Truth. You can write books, you can talk to your friends, relations and tell them: "This is the Truth now-that you have entered into the kingdom of God. That you have been blessed by the Grace of god."

Now you can announce the Truth. That you are realized souls, that you have felt this Divine Power which is prevailing

everywhere. That you can give realization to others and know that, by your accepting the Truth, you are not adding anything to the Truth but you are adoring yourself.

One requires courage to enjoy the Truth. Some-times people may mock at you , laugh at you, and per-secute you also, but that should not be any worry to you, because your relationship is with the Statutes, with the Grace of God. When that is your connection, you should not worry about other people, and what they have to say about it. You have to stand

up, adorn yourself with that Truth, and talk to people and people will know that you have found it.

The difference between a realized soul and a non- realized soul is that with that authenticity with which you speak people will know that you

have found it. The difference between a realized soul and a non-realized soul is basically this; He does not talk of woes and his seperation with God. He says " I have found it now, This is it. Like Christ said, I am the light, I am the path". Or



anybody else can claim that, but you can make out that it is not the Truth. With the confidence, with that complete understanding coming out of your heart people can make out," This is absolute Truth", and then all kinds of falsehood must be denounced. Doesn't matter if someone feels bad, because, by telling that you are saving them and not harming them. But, it must be told in a correct way, not in a frivolous way. In a very persuasive way, you must tell them that this is wrong. You must wait for the time when you can tell people, more in confidence. Tell them "This is wrong, it

is wrong, you don't know. We have done the same thing." This is how you are going to express your principle of Mastery or you can say "Guru Tatwa" You have to be truthful. First and foremost thing is that you should know the truth and stand the testimony and that you should announce it.

The third thing, **to become a Guru, a Sahaja Yogi has to do is to develop detachment.** Gradually you do develop it because you find that unless and until you develop that detachment, you are not receiving vibrations in the full way. All kinds of detachments have to be developed, means your priorities change. **Once your attention gets fixed up with your spirit, the catch or the hold on things which are of no importance starts reducing on itself,** e.g. you have a father and a mother and a sister. This is a bigger problem in India. Here you are over detached. But in India, people are very much involved in their own children. "This is my son" and others are orphans? Only your sons and daughters are the real children." My daughter. I must do this for My son, My father, My mother". Two types of attachments are there. One through Moha-involvement-into that. That you want to do this for them, that for them, want to give them property, have insurance for them and every sort of thing. And another could be the other way, as we have here (London). You hate your father, you hate your mother,

you hate every-one. Both things are just the same. So, **detachment must be developed.** The detachment is that you are your father, you are your mother, you are everything. Only your spirit is everything to you, only your spirit you have to enjoy. Then the detachment comes from them; then you really do good to them, because, by detaching you see the complete vision about them and about what is to be done. Attachment to crazes. For example people have attachment with some crazes. Human beings always become crazy about something. I mean it can be anything.

One has to understand that there should be only one craze-i.e. to be settled, absolutely settled, in your spirit. All other crazes will disappear because it is the greatest joy-giving thing. That's the most nourishing thing, that's the most beautiful thing. So all the other things fall off; you enjoy only that which is that source of all enjoyment. You get yourself attached to your spirit, and detachment starts working. Sometimes detachment is taken as a licence for becoming dry to others, which is absurd. This is a human quality to make everything dirty which is beautiful. Actually, a person who is detached is the most beautiful person, is the extremely loving person is love. Look at the flowers, they are detached. They are dying tomorrow, they are not going to live, but every minute they are emitting fragrance to

you. The trees are not attached to anything; they will die tomorrow, doesn't matter. But if anybody comes to them they give shade, they give fruits.

Attachment means death of love, death of love is attachment. For example, in a tree, the sap rises, goes to all the necessary parts, all the flowers, all the fruits, then goes back to Mother Earth. It is not attached to anyone. Supposing, the sap goes and gets attached into one fruit. What will happen? The fruit will die and the tree will die. Detachment gives you the movement of your love, circulation of your love. For things now. Things have no value unless and until there are emotions behind it. For example, the sari I am wearing today, was bought for Guru Day, Guru Purnima. But they had no sari. The other day, they wanted to have sari for Puja. Then I said if you insist I may have, but I wore it today just to say that this was bought with that devotion, that love that on Guru Day, Mother would like to wear something of a lighter shade; white - the pure colour of silk-complete detachment. But in white all the colours are mixed, then only it becomes white, - such a balance and unity it is. It should be that you should become white and whiter than snow.

Detachment is purity, is innocence. Innocence is such a light, light that really blinds you to all that is

filthy. You would not even know that a person has come with bad intentions. A person comes to you, to steal. You'll say: "Come along, what do you want? You'll offer him tea and all that. Then he says "I have come to rob you." - "alright, rob me, if you want to" - So he might not rob you at all. That is what is innocence, which one may develop. only through detachment. Detachment is of the attention. Do not allow your attention to get involved into something, even rituals of anything. Say, now we have not washed Mataji's Feet. Alright it does not matter. You love me, alright. If some mistakes may be committed, what does it matter? If you see on the abstract plane. It's love. This is just a step forward, like somebody ran very fast and fell down before reaching ME and says, "Mother, Sorry, I fell down before reaching you, I should not have done that. But Mother see how, I prostrated before you" It's a complete poetry-detachment. So, one has to develop that detachment to be a Guru. And that detachment does not mean sanyas or anything like that. Sometimes one has to wear those dresses to announce to the world because, if you have to work in a short time then you have to take to that intensive behaviour, like Christ, you can say or Adishankaracharya. All these people had a very, very short life. In that short life they had to achieve such a tremendous task that they had to actually take a military uniform just to avoid problems. Not to impress

others. Now-a-days people do it just to impress others that they are detached and do just the things opposite to it.

So, we understand that first work is not to harm anyone. Ahimsa. Not to kill anyone. That does not mean that you do not have to eat meat and fish and all that. That is all nonsense. Of course you should not hanker after food, no doubt about it. You do not kill anyone means Do not kill a human being. Thou shall not kill. So, first thing is not to harm anyone.

Second is to know that you have found the truth and give the testimony of the truth. Third is the detachment, the way I've told you about detachment. Not to get attached to any one person because he is a relation or something. But develop a universal feeling and also not to Hate anyone. That is the worst kind of attachment. This word should go away from the mouth of all Sahaja Yogis; "I hate". It is called as Dandak, is the statute. You cannot hate anyone, even Rakshasas. Better not hate them. Give them a chance.

Now, the fourth statute of the Lord is, to lead a moral life. These Statutes were given by Gurus. Take them from Socrates onward, Moses, Ibrahim, Dattatreya, Janaka, Mohammed Sahib and take up to the point when it was about a 100 years back at the most, was Sainath. All of them have said that

you have to lead a moral life. None of them had said that you do not get married, that you should not talk to your wife or you should have no relationship with your wife. All this is nonsense. Lead a moral life. When you are young and not married, keep your eyes on the ground. Mother earth gives you that innocence. Most of the confusions and problems, specially in the Western life, have come because they have thrown morality to the sea, and to accept morality as the very basis of society is very difficult for them. It is complete reversion. But you have to do it, you have to turn the whole wheel back. So many things were done in the beginning of the society to establish these pure relationships. There are laws which act, just as Chemical laws are there. Physical laws are there in Chemistry and Physics. There are human laws which one should understand, the relationship between each other. The sublimity of their relationship, the purity of their relationship must be understood. Lead a moral life. The Purity of the relationship between husband and wife must be understood. Then only can you have a very, very happy married life, which is the basis.

"Thou shalt not commit adultery", Christ has said: (perhaps He knew the modern people as they would be using their brains for this). He said " Thou shalt not have adulterous eyes". What a vision, in those days to think! Even I

could not understand it when I was in India. Only after coming here I could see, what it could mean. It is a possession on the eyes, -possession. It's a joyless, useless behaviour. Attention is frittered away completely. There's no



dignity. Eyes should be steady. If you look at somebody steadily, he should know that you have Sahaja Yoga in you. With love, with respect, with dignity. Not starting at people, which is just playing in the hands of these possessions. The whole society is possessed. All the Satanic forces have been let loose, I think, and the way people are possessed, they cannot see through these things. They are supposed to be Christians. **Attention is to be looked after. That is the most important thing Because attention is the one which is going to be enlightened.**

So, we have to know what morality is. Let people laugh and say that these are goodie goodies or this sort of thing. We are proud and not ashamed of being righteous people. This is a very important part of righteousness. **Those who do not follow this will lose their vibrations very fast.**

Then for a Guru, He should not accumulate things; he should not have much possessions if he has possessions, they should be just what he needs. A Guru must give away his possessions. He should not have stamp col-

lections (for financial gain) and all such kinds of collections. Whatever things are useful and beautiful, which give happiness and joy to others, to their eyes, such things must be collected. He should have such things which give symbolic meaning to his life, very symbolic, which suggest that he is a dharmic person. He should not have things that are symbolic of adharmikta, of irreligious life. Everything that he has or wears or shows should be representative of his Dharmikta. Anything that is impure, giving bad vibrations should not be possessed. Even whatever you have, you should think to whom you can give this. So, it means you should have possessions to express your generosity.

A Sahaja Yogi has to be generous like the sea. A miserly Sahaja Yogi, I cannot think of that- it is like mixing of darkness with light. Miserliness is not allowed in Sahaja Yoga. Anybody

whose mind goes on how much money I can save, how much labour I can save-there are many labour saving devices, and money- saving devices- and also cheating others or making money out of a few things here and there, and all such things are against Sahaja Yoga. They will put you down. Enjoy your generosity. How many times have I told you about Generosity? Apart from the way you give it, the emotional side is so beautiful, you cannot imagine it. I met a lady after say 30 years of her married life in London, suddenly, and she said, "Oh, What a coincidence," I said "Why?" She said "I am wearing the same pearl necklace you had given me on my wedding day, today, and I should meet you". The whole thing, the whole drama changed with that meeting. It is how you give even a small thing. It is the greatest art of giving that one has to learn in Sahaja Yoga. Give up the mundane type of things, like if you go to somebody's birthday, you send a card, "Thank you very much". Make it a more deeper significant thing. Let us see how you develop your symbols of love. When you have these things of vibrations and you will give it to a Sahaja Yogi, he will know what it is.

Never lack in generosity specially among Sahaja Yogis. Gradually, you will be amazed how through small things you win over, as if the vibrations flow through these things and work out

for those people. Then, for a Sahaja Yogi it is important to use things which are more natural in their character, Give up artificiality by and be more natural. I do not mean that you take out the roots and eat them or you eat the fish raw. I do not mean that. Always you must avoid going too far with the things. But try to lead a life which is more natural. Natural, in the sense that people know there is no vanity about you. Some people can be the other way round. You see they will dress up as a tramp, just to attract more attention. I mean there can be both ways. Then I find some people colouring their hair and all that. So you have to be a very natural person in your behaviour. So, be natural. It can mean anything absurd also to some people who do not use their wisdom.

Wisdom is very important in Sahaja Yoga. That you have to keep intact all the time. Natural means you must wear natural dresses, which are suitable to you, e, g. in this climate there is no use to wear dress like RAMA used to wear. He will not wear anything on the top, there was no need. You have to wear the dress of whatever country you belong to, whatever suits the occasion. Whatever you think is dignified and good. It speaks for your more elegance and your personality. Whatever suits you, you should wear, not like all the people wearing moss- coloured dress, the great suit, horrible looking and making

clowns out of them. No clownish things are necessary, no dandy stuff is necessary **Simple beautiful dresses should be worn which give you dignity.**

Actually, in the East, people believe that God has given you a beautiful body and it is to be adorned with the beauty of what human beings have created, just to respect it, just to worship your body. For example in India, women wear their saris and saris are expressive of their moods and expression of their worship of their bodies, because you must respect your body. Dresses should be such that they should be for utility as well as for dignity. There is no need to have uniform clothes for Sahaja Yogis at all. I don't like it. There should be a variety as nature is. Every-one should look a different person. For Puja etc. all can wear something similar, it doesn't matter But outside you should be a normal person. You are all householders, nobody has to announce something. For you people I don't even advise to put the red mark when walking on the street. You should be a normal person, not to be pointed out. You need not be dressed absurdly or in a funny way, but in a normal way as others wear. To be normal is very important in Sahaja Yoga.

Then we have to know that Sahaja Yogis have to get over all kinds

of discriminations and identifications according to races, colour and different religions in which you are born. As a Christian you don't belong to a church, you are not born in a church. Thank God, otherwise all the spirits there will capture you, immediately. But these identifications will linger on. To accept anything new, you have to be reborn and you are reborn now. Now, you are Dharmatita-means -you need not follow any particular type of religion. You are open to all religions and the essence of all religions you have to take. You have not to denounce any religion or insult any religious incarnation at any time. It is a sin. It is a great sin in Sahaja Yoga- and you know who they are. There should be no racial understanding of oneself. You could be Chinese or any group. As long as we are human beings, we should know that we laugh the same way, we smile the same way, we hold the same way. This is all conditioning in our mind- of this society that some are touchables and some are untouchables. This is in our Indian Community. Horrible. Brahmanism of India has ruined India completely and you learn from it, - for example, who was Vyasa, the one who wrote Geeta, who was he? He was the illegitimate son of a fisher-woman. That is why, deliberately, he was born like that. All the Brahmins who read Geeta, ask them -who was Vyasa? Brahmins are those who are realized souls, there is nothing like where and

in what caste or community you are born. With all education and everything in the West, we find this nonsense of nationalism. I just can't understand. If somebody is fair or dark, after all God had to make variety in colour in every way. Who told you that you are the most handsome people going around? Maybe for some markets here, or in Hollywood, it may be fit but in the Kingdom of God, all these so-called 'handsome people will be denied entry-marrying seven husbands and all sort of things. They



will all be put in Hell. God has created all of you as His own children. The beauty is of the heart and not of the face, that shows and shines. May be people are a little bit aware of it, that is why they go and tan their faces, I do not know. They are quite aware, but there is too much 'showing-Off' they are doing. Some people like black hair, others like red hair, I mean there have to be all types of hair, why do you like a particular type of hair, this I can't understand.

There is nothing to like or dislike. What God has created is all beautiful, who are you to judge that I like or dislike? 'I', Who is this 'I', you see, is

Mr. Ego, which is being pampered by this society, which teaches you how to smoke a cigar and how to have your lager (beer), morning till evening. All this training and conditioning has to be thrown away just like filth, and see that God created all of you as His own children. It is such a beautiful thing.

Why do you want to make it ugly with these ugly ideas? All this ugliness of "I like or dislike" is nonsense. Only there should be one word "I love". Forget everything. There is no need to remember what the British did to the Indians or the

Germans did to the Jews. Forget everything. Those people who did it are dead and finished. We are different people. We are Saints.

This is for the statutes I have told you, which you have to imbibe. But, today, I authorise you to be the Gurus. So that through your own character and through your own personality the way you practice Sahaja Yoga in your own life- and manifest the light, others will follow you, And that will establish the statutes of the Lord in their hearts and emancipate them. Give them their salvation, because you have got your salvation. You are the channels- without the channels this all pervading

power cannot work out. That's the system. If you see the Sun, it's light spreads through it's rays-from your heart the blood flows through the arteries, they become smaller and smaller. You are the arteries which is going to flow this blood, of my love, to all the people. If arteries are broken, the blood will not reach the people. That is why you are so important. The bigger you become, the bigger the arteries become. Then you encompass more people, by that you are not responsible.

Guru must have the dignity. Guru means the weight, is the gravity, gurutatwa means gravity. You must have the gravity by your weight, means the weight of your character, weight of your dignity, weight of your behaviour, weight of your faith; and your light. You become a Guru not through frivolousness and vanity. Cheapness, vulgar language, cheap jokes, anger and temper- all must be avoided completely. Wield the weight of your sweetness, of your tongue, which will attract people just like the flower which is loaded with nectar, attracting the bees from all over. In the same way you will be attracting people. Be proud of that, be very proud of that and have sympathies for others and care for others.

Now, in short, I have to tell you how you have to do it yourself. You have to work out your void clearly.

First of all you have to know that void catches when you had a wrong type of Guru. You must know about your guru entirely. Try to find out the character of your Guru. Rather difficult because your Guru is very elusive. She is Mahamaya. Not easy to find out. She behaves in a normal way- and sometimes you are out witted. But you see how in small things also, She behaves. How Her character is expressed, how Her Love is expressed? Try to remember Her forgiveness. Then you should know that you have the Guru that many people must have desired to have. Who is the source of all Gurus. It is the ardent desire of even Brahma, Vishnu, and Mahesha to have a Guru like that. They must all be jealous of you. But this Guru is very elusive. So to improve your VOID, say that, " Mother you are our Guru". Because of this elusiveness, that fear, or that awe, that respect which is necessary, for the Guru, is not established. Unless and until you develop that awe- complete within you, your Guru principle will not be established. No liberty is to be taken. I am telling you Myself , but I am extremely elusive; next moment, I make you laugh and forget about it because I am testing your freedom to do it- complete freedom. I play with you in such a manner that you will be forgetting every moment that I am your Guru, every moment. So first of all you must find out about your own Guru establish Her in your heart. I mean you

have a wonderful 'Guru' -otherwise I must say, I wish I had one like that myself! And She is desireless and sinless, absolutely sinless. Whatever I do it is not a sin for Me. I can kill anyone and do whatever intrigue or anything. I really tell you, that's a fact. Do anything, I am above sin but I see to it that I do not do anything like that in your presence, so that you do not get one of these things, because that is My quality. You have a very supreme Guru, no doubt, but still you must know that those powers of supremacy you don't have. I am above all these things. I don't know what temptations are, nothing, I mean I do! Whatever I like it is all my Whim. But despite that I have made myself very normal because I must appear before you in such a manner that you understand what is the statutes, For Me there are no statutes. I make these Statutes. Because of you I do all these things and teach you small things because you are still children. In the same way,

you must remember that when you are talking to other people about Sahaja Yoga, remember that they will see you all the time and try to see how far you are in it. As I understand you, you try to understand them. As I love you, you try to love them, I definitely Love you but I am NIRMALA, I am beyond love, different state all together. Under these circumstances you are much better off because no Guru ever goes to that extent. Apart from that I am the source of all the shaktis of all the powers, so you can have all the powers from Me, whatever you like, I am desireless. Look at that, how much I am bound by you! Unless and until you desire My good health, I will have bad health. It is to that extent. But to me what is good health and bad health? Under these beautiful conditions you should really prosper so that There should be no problems for you to be Gurus.



Special Recognition

WHEREAS, on March 21st, Shri Mataji Nirmala Devi, founder of Sahaja Yoga Meditation, will celebrate her 78th birthday; and

WHEREAS, Shri Mataji is one of the most significant voices on world peace today and has been nominated twice for the Nobel Peace Prize for her extraordinary humanitarian efforts; and

WHEREAS, Sahaja Yoga is a meditation practice which has helped hundreds of thousands in over 75 countries worldwide enjoy more peaceful, healthy, and balanced lives; and

WHEREAS, the City of Plano would like to send birthday felicitations and well wishes to Shri Mataji on the day of her 78th birthday, March 21, 2001;

NOW, THEREFORE, I, JERAN AKERS, MAYOR OF THE CITY OF PLANO, TEXAS do hereby extend special recognition to Shri Mataji Nirmala Devi for her revolutionary and selfless work in the field of yoga, meditation and world peace.



Jeran Akers
Office of the Mayor



Shri Mataji

On behalf of the Government and
People of British Columbia
I am pleased to offer you my
hearty congratulations and very
best wishes on the occasion of your

Seventy-eighth Birthday

May you enjoy every
future happiness

A blue ink signature, likely of the Premier of British Columbia, written in a cursive style.

March 21, 2001

Premier



New York State Assembly Citation

HONORING Shri Mataji Nirmala Devi, founder of Sahaja Yoga Meditation, on the occasion of her 78th Birthday

WHEREAS, It is the sense of this Assembled Body to commemorate and acknowledge those individuals who devote their lives to promoting peace, health and well-being, thereby bringing hope to everyone they touch; and

WHEREAS, Shri Mataji Nirmala Devi, founder of Sahaja Yoga Meditation, was born on March 21, 1923 in Chandivara, India; her father was one of the authors of India's Constitution; and

WHEREAS, Shri Mataji's special qualities were recognized by Mahatma Gandhi, and she often stayed in his Ashram; she studied medicine and was active in the movement for the independence of India; and

WHEREAS, Shri Mataji founded an international school for children in India, an organization to improve the economic condition of Indian women, and a hospital which successfully employs Sahaja Yoga methods; and

WHEREAS, Shri Mataji is a dynamic and powerful presence who travels worldwide, giving speeches on world peace, the role of women in society and self-realization; and

WHEREAS, Shri Mataji's insights into the problems of humanity are deep and revealing; she has been a guest speaker at many international seminars and conferences; and

WHEREAS, Shri Mataji has twice been nominated for the Nobel Peace Prize, has been honored by the United States Congress, and has received many international awards and citations in recognition of her contribution to peace, health and the well-being of people in over 75 nations; and

WHEREAS, Sahaja Yoga is taught locally, without charge, at the State University of New York at New Paltz; and at the Day Top Drug Rehabilitation facility in Rhinebeck, New York; and

WHEREAS, Sahaja Yoga is currently the subject of extensive research at the National Institutes of Health in Washington, D.C., regarding the medical benefits of the practice; and

WHEREAS, This Assembled Body is greatly moved to extend to Shri Mataji its commendation for her sincere and devoted commitment in helping create calmer, healthier, more balanced lives through meditation; now, therefore, be it

RESOLVED, That this Legislative Body pass in its deliberations to honor Shri Mataji Nirmala Devi, founder of Sahaja Yoga Meditation, on the occasion of her 78th Birthday; and be it further

RESOLVED, That a copy of this Citation, suitably engrossed, be transmitted to Shri Mataji Nirmala Devi.

By Order of,

A handwritten signature in cursive script that reads "Kevin A. Cahill".

Kevin A. Cahill, Member of Assembly



STATE OF TEXAS
OFFICE OF THE GOVERNOR

*To all to whom these presents
shall come, Greetings: Know ye, that
this certificate is presented to:*

Shri Mataji Nirmala Devi

On The Occasion Of Her

78th Birthday



*In testimony whereof, I have signed my name
and caused the Seal of the State of Texas to be
affixed at the City of Austin, this the 13th day of
March, 2001.*

Rick Perry
Rick Perry
Governor of Texas



Birthday Greetings

Shri Mataji Nirmala Devi

We in the "City of the Angels"
extend our very best wishes for
a wonderful birthday celebration
filled with family, friends and fond memories.

March 21, 2001

A circular gold seal of the City of Los Angeles is positioned in the bottom left corner. It features the city's coat of arms and the text "CITY OF LOS ANGELES" and "FOUNDED 1781". A vibrant rainbow ribbon is draped across the seal and extends towards the top left and bottom right of the page.

Richard J. Riordan
Richard J. Riordan
Mayor

Proclamation

City of Cincinnati

We It Proclaimed:

Whereas, Shri Mataji Nirmala Devi, founder of Sahaja Yoga Meditation and twice-nominated for the Nobel Peace Prize, is the only person to awaken en-masse kundalini, an energy which is the key to health, balance, inner peace and well-being. This energy enables individuals to effortlessly enter into a state of higher awareness and to become a source of well-being in their families, communities and societies; and,

Whereas, in more than 70 cities throughout North America, public Sahaja Yoga programs are being conducted. In the Greater Cincinnati area Sahaja Yoga Meditation has been taught, free of charge, at the Cincinnati Art Museum, Xavier University, Raymond Walters College, Clermont College and Miami University for over 15 years. Currently, free weekly programs are being offered to the public at the Community Friends Meeting House in North Avondale; and,

Whereas, in over 80 countries, for the past 30 years, Sahaja Yoga has been offered and taught to hundreds of thousands of people regardless of age or background. The transformational results are healing, uplifting and universal. From Bombay to Brazil, South Africa to North America, Sahaja Yoga Meditation has helped improve lives and communities; and,

Whereas, Shri Mataji founded Sahaja Yoga International in 1970 as a non-profit, volunteer organization, dedicated to helping people through the use of easy-to-learn meditation techniques. Problems of alcohol and drug addiction, health and emotional issues have been much improved through the use of Sahaja Yoga; and,

Whereas, Shri Mataji Nirmala Devi has made outstanding contributions to modern life through her discovery of Sahaja Yoga and her many charitable and humanitarian endeavors. These include: International schools for children around the world, organizations to improve the economic condition of Indian women, medical facilities that use non-invasive Sahaja Yoga techniques, ongoing research using Sahaja Yoga techniques at the National Institutes of Health, Bethesda, MD, workplace stress-reduction programs in numerous U.S. companies, outreach programs to social service agencies such as battered women's shelters, correctional facilities, drug rehabilitation centers, senior citizen centers, publication of her book "Meta-Modern Era" and her ongoing travel worldwide to speak at free Sahaja Yoga programs.


Now, Therefore, I, Charlie Luken,
Mayor of the City of Cincinnati do hereby proclaim
Wednesday, March 21, 2001, as

"SHRI NIRMALA DEVI DAY"

in Cincinnati.



IN WITNESS WHEREOF, I
have hereunto set my hand and caused
this seal of the City of Cincinnati to be
affixed this 13th day of March in the
year Two Thousand and One.


Charlie Luken, Mayor
City of Cincinnati

County of Allegheny

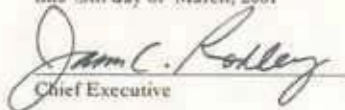
Office of the Chief Executive Community Citation of Merit

awarded to

Shri Mataji Nirmala Devi

In celebration of your 78th birthday on March 21, 2001, I offer best wishes and recognize your significant contributions to world peace and extraordinary humanitarian achievements; and in recognition of distinguished endeavor and accomplishment, which have earned the esteem of the citizens of Allegheny County.

Presented on behalf of the citizens of Allegheny
County by the Office of the Chief Executive,
this 13th day of March, 2001


Chief Executive



GOVERNOR GRAY DAVIS

Commendation

Shri Mataji Nirmala Devi

Mach 21, 2001

It is a great pleasure to join your family and friends in celebrating your 78th birthday.

Your dedication to your community is truly an inspiration. I hope the gathering of your dear family and friends helps you celebrate this momentous occasion in a very meaningful way.

On behalf of the people of the State of California, please accept my congratulations on this very special day.

A handwritten signature in dark ink that reads "Gray Davis". The signature is written in a cursive style with a horizontal line underneath the name.

Governor Gray Davis



A Proclamation

*By virtue of the authority vested in me as Mayor of the City of Pittsburgh,
I do hereby issue this proclamation honoring*

Shri Mataji Nirmala Devi

WHEREAS, Shri Mataji Nirmala Devi was born on March 21, 1923 in Chindiwara, India and as a young girl Mahatma Gandhi recognized her deep and special qualities and;

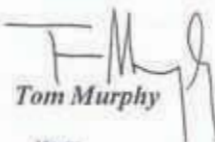
WHEREAS, she is a world renowned spiritual leader and the founder of Sahaja Yoga, a natural, effortless way to spiritual enlightenment and;

WHEREAS, she has founded many charitable organizations and has been awarded the United Nations Peace Medal, has been invited by the United Nations four times to speak on world peace and has twice been nominated for the Nobel Peace Prize.

NOW THEREFORE BE IT RESOLVED that I, as Mayor of the City of Pittsburgh, do hereby congratulate Shri Mataji Nirmala Devi on her 78th birthday and do hereby declare Wednesday, March 21, 2001 to be "Shri Mataji Nirmala Devi Day" in the City of Pittsburgh.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Pittsburgh to be affixed.




Tom Murphy
Mayor

March 21, 2001
Date



March 21st, 2001

Congratulations

*Shri Mataji Nirmala
Devi*

On your 78th Birthday

Edmonton City Council

<i>Bryan Anderson</i>	<i>Robert Noce</i>
<i>Allan Bolstad</i>	<i>Michael Phair</i>
<i>Terry Cavanagh</i>	<i>Rose Rosenberger</i>
<i>Leroy Chahley</i>	<i>Jim Taylor</i>
<i>Wendy Kinsella</i>	<i>Dave Thiele</i>
<i>Larry Langley</i>	

Bill Smith

Bill Smith

Mayor

