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The Divine Cool Breeze



**My vision is too great, I think for one life. I want a global realisation.
I want people all over the world to have realisation.**

**Shri Mataji
Christmas Puja, 25-12-2000**

- 1** Public Programme, Delhi, March 26, 2001

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Public Programme

Delhi -March 26, 2001

Pravachana of Her Holiness Mataji Shri Nirmala Devi

I bow to all the seekers of truth and also to those who have already found it. Sahaja Yoga has spread in Delhi city in a big way. Once upon a time I could not expect to have even a few Sahaja Yogis in Delhi. The atmosphere in Delhi, in those days, was such that people used to run after power and money. I used to ask myself a question that when will these people go for the attainment of the Spirit? The pursuit for power is shortlived. It yields no results. Many people could achieve political position and many were thrown out of it. Similarly those who work for money have the same fate because running after the things which are unreal ultimately leads us to disappointment. The comfort and joy of the material acquisitions are ephemeral. But now I say that the people of Delhi are awakened to such an extent! This awakening is your own treasure, its the drizzle of love that has rained from your pure heart. I do not know what is my role in it? It is because of your discreteness, without which it could not have been achieved.

It is also to be understood that many saints and seers have worked very hard in this country. These saints are talked about in every Indian family and atleast elderly people know about them. Younger generation also comes to know about them. After all who are

these people who have done this tremendous work? How these Buisnessmen and politicians, who were running day and night after money and power have come to Sahaja Yoga? Because there was no joy and peace in their pursuits. That life was just boring. When human beings realise that while running after material things they could get neither the joy nor comforts, then he turns to seek the joy of the Spirit. Many lamps were enlightened with one light and today I find thousands of those have known their Selves (spirit) are sitting before me.

First of all we have to know that the reason of all the unsolved riddles that are with in us is that we have not understood as to what Dharma is. We have accepted Dharma as so called realigious authorities (धर्म मार्तण्ड) have told us. They told us to perform some rituals (अनुष्ठान) and to do worshipping and chanting. Muslims were also taught similarly that if they perform the Namaj in a particular way and go as per the direction of Mullas then they will achieve Salvation. But when nothing could be achieved by the rituals, it forced the seekers to think about it. Why are we caught in rituals? These rituals push us in deep darkness. None could get anything from these rituals. People have been performing these rituals since ages.

What did they attain? There is a destined time for getting self realization. This time has now come in this kaliyuga. Now you could attain the truth.

The attainment of truth is the biggest achievement. Truth is love and love is truth. If we give a little thought to the fact that to find out the truth we think that we should become Sanyasis; go to Himalayas, get our heads shaved and so on. When truth resides within us, what is the significance of external renunciations and rituals. With the help of such methods one can not attain the truth because truth has nothing to do with all these external activities. So what have we to do? We have to awaken the dormant power Kundalini which is within us. To have any doubt about the existence of Kundalini within us is useless. Kundalini resides in the triangular bone, called sacrum, at the end of the spinal cord in every human being. Its awakening is essential for attainment of truth and reality. All the saints and incarnations have said, 'Know Thyself'. But how? We do not know. Ourselves we are full of negativities from within. Attachment, Greed, Ego, Anger Jealousy and Lust, all sort of negativities are there within us. We are unable to understand the source of these negativities and the reason why they have captured us. If you watch it carefully then you will realise that these are external. The spirit is pure and eternal. Nothing could tarnish it. If these

negativities have come in us, it might be because of the traditions of previous lives, parentage or society. No one knows from which sources have these negativities penetrated! So instead of trying to find the source and cause of these negativities, it will be better to destroy them. By their destruction our attention will become pure. Our creator the God almighty has made all the arrangements for it. He has made you free to adopt the proven method to 'Know Thyself'. That is the method of Kundalini Awakening. I am not the first to say this. Regarding the kundalini and kundalini awakening it is being talked about in India since times immemorial. In olden times only a few seekers could get their kundalini awakened and that too with great difficulties. But times come when this awakening is made collective and now this time has come. You have got your Kundalini awakened - collectively. In this collective state you are being nourished by the Awakened Kundalini. Now a wonderfully awakened personality has expressed in you.

Now you should think that it is my 'Real Self'. Till now I have been caught in confusions, may be because of our brain or perversness. The biggest thing is that if we have to know ourselves then first of all we have to get connected with all pervading Chaitanya (Divine Power) of the Divine. We have to be one with Param Chaitanya and Kundalini Awakening is the only way to have this

oneness. There is no other way. There is no other way, whatsoever anyone may tell. But people try to confuse you and you get confused. Once I was listening to the discourse of a so called Guruji. He started his pravachan with abuses. He began with, "you are all perverts", your methods are not of seekers, you are all Pravrutti Margies (attached to the worldly objects). You are running after material objects. This is alright. You all run from one thing to another and get lost in this pursuit. All our energy gets wasted in this pursuit. Today you desire this thing, tomorrow another and thus keep running after the material objects. Now you accept these invectives and think yourself to be Pravrutti Margis! Such Gurus say that without becoming detached (Nivrutti Margis) how could you seek the Spirit, The Atma?

Atma could be sought only when attention is in your control. So these so called Gurus create such difficult problems for the seeker that poor seeker thinks himself to be pravrutti Margi and unfit for seeking. Then these Gurus say, "Alright, you serve your Gurus, give them money, do this ritual and so on". They advise you to give away everything in the name of God and become Sanayasis and you believe it because it sounds easy but it is blind faith. If someone calls you blind, would you believe it? Similarly if they call you Pravrutti Margis then should you believe it? Untill you are detached you can not come to Sahaja

Yoga, the 'Gyan Marga'. So these so called Gurus use such a language that poor seekers think it better to surrender before them. We accept such thought because of the lack of confidence in ourselves that we can attain Spirit and know ourselves. But believe it that today many such seekers are sitting here who have made their lives blossom with the Awakening of the Kundalini and its blessings. You could also get this awakening. There is absolutely no drawback in you, no drawback at all. This power is within all of you, you might have done wrongs, might have committed mistakes, might have stood against God almighty. Whatever you might have done, this Kundalini is sitting at its place. When some authorised (worthy) person comes to awaken it, it will be awakened and the attachment for material possessions, these Pravrutties, your six enemies (Shad Ripus) will run away from you. When you sow a seed in the womb of Mother Earth, it sprouts by itself. The sprouting energy is not apparent in the seed. But when it is put in the Mother Earth, it sprouts automatically. Not only this much, each of its part and parcel gets life in it. In the same way, by the awakening of the Kundalini you get awakened and you get rid of harmful attachments. Its surprising no doubt but it has become possible. Its the age of ghor Kaliyuga. No one knows how many people have suffered because of it but this awakening will be done in this Kaliyuga and you will attain that supreme

state (Param Tattava) today. This param tattava is throned in you as Attam Swarupa, as Divine Spirit. In its light you will know Thyself, you will know which of the negativities have left you and now you have become pure hearted (Shudha Chittas), Divine Personalities (Attama Swarupas). When you have the knowledge of your Real State and the Reality then you will give away all the negativities. What is the use of it? How far could you go with the untruth? It puts you in confusion and many seekers are lost in this confusion. Look at this world. People are fighting in the name of religion! When religion is one, when God is one, then why to fight in the name of religion? But such confusions are created and mental projections are done in such a way that people take to them. The reason is that their brains are not enlightened so far.

With the awaking of the kundalini you get connected to the all pervading power of Divine Love (The Param Chaitanya). This connection is well known. Einstein, the renounced Scientist, said that when you get connected to the torsion area then suddenly you become peaceful and have many achievements and new experiences in that state of peace. There are people who get awakened once but do not remain in that state forever. There are very few who could remain in the awakened state after getting self realisation. It depends upon the depth

of the seeker. How you are? The impact of the Kundalini awakening is very deep. Immediately you go in to Thoughtless Awareness. Despite that, people are not perseverant about it. They get their awakening but after sometime go back in the same state of slumber and this goes on. Seekers who get established after realization are not available. It depends upon the depth they have. If the person is a sincere seeker then the awakening gives him a beautiful experience. Immediately one goes in thoughtless awareness. Only today I was telling that why human beings think to look at one thing or the other and think about it. Supposing this carpet is here. From where it might have come? What will be its cost? What will happen? All sort of thoughts will come about it in the mind. Instead of enjoying its beauty human beings start thinking about it and this thought process sometimes leads him to madness. So nothing is worse than reacting over anything. Because this reaction with in you is either because of your ego or super ego; we call it conditioning also. Reaction is not the result of watching something with full attention. That witness state is not yet there in you. You have to watch the object fully as a witness. If you could watch something in witness state then its joy permeates your being. I am not the first to tell about it; many people have talked about it. But they might not be able to understand or they might not be capable of achieving this state. They

would have thought that we are just human beings. How could we do it? With the awakening of kundalini it could be done. When the kundalini is there with in you, when it is reality, when it is placed there, then only thing that remains is to get the awakening. It is your own treasure, your own property. But you have neither bought it nor given any money for it, nor begged for it. It is with in you, it is innate. You have to think about its awakening.

This Kundalini power is your 'Pure Desire'. None other desire is pure. Someone will say, "I wish I had a motor!" He gets a motor. Without enjoying the comforts of the motor he starts hankering after something else and then after the third object and so on. It means all these desires are not pure. Had it been pure then you would have been contented. This Kundalini Shakti is your Pure Desire. It is the desire of 'God Almighty'. When it is awakened in you, you get contented. You get satisfied and think that instead of material desire now I have entered in to such a beautiful garden which is fragrant, full of joy, peace and love. When you achieve that state then you do not look back to material desires. To achieve this state in Sahaja Yoga is extremely beautiful. It happens very easily. you have to do nothing for it, give no money, do no rituals, no prayers, nothing. You should only have the pure desire to know the Spirit. With this pure desire you attain it. The only desire you

should have is that my kundalini should be awakened. This desire is so powerful that I have seen many seekers get their awakening within no time. For example there is a country named Benin. Some people there were so much afraid of French that they accepted Muslim Religion. Even with that they were not satisfied! After coming to Sahaja Yoga, now they are very comfortable. You will be surprised that there are fourteen thousand Sahaja Yogis. They are all Muslims. According to me Muslim is the one whose hands speak. It is the age of Kiyama, you are Muslims only if your hands speak. Muslim means dedicated. How could you be dedicated if your hands do not speak? Confused people create different rituals. For this no study of Vedas and scriptures, no Pilgrimage is necessary. This morning our neighbours started chanting Mantras on the loud speaker. You people encourage them, help them and give them money! Nothing could be achieved with it. This is foolishness.

Wisdom is to see what you have recieved in return of your money. Did you get your self-realisation? After self realisation you will know what you are capable of. How much kshema you have? Untill you know the truth in you how could you be identified with it and become powerful (Samartha)? With this power you could do wonders. I am surprised that these foreigners who never heard the name of kundalini, they

are working wonders all over the world after getting self-realisation. When they tell me about the miracles, I am surprised to think how these miracles have become possible? How these people could get to it? You grow physically and mentally; you attain complete growth and absorb it. Knowing the spirit is so wonderful. This diamond is within you. All the powers are within you. The only way to attain these powers is the awakening of the kundalini and none else. I am telling you this thing because many a people ask me if there is any other way but the awakening of the kundalini? I tell them there is no other way. I have no role in it. But I have to tell you honestly that there is no other way to know thyself and to know others except the awakening of the kundalini. Leaving all the other rituals and inaugurating this innate power is your pious duty.

My heart moves. I am really overjoyed to see you all in such a big number. Once upon a time I used to think that how the people of this city will accept Sahaja Yoga? But today I am seeing it here that you all have accepted it and absorbed it. It is beneficial in every way. If the blessings of Shri Mahalaxmi are there, then our country will also become elegant and prosperous. So we all have to spread Sahaja Yoga in the society and know its social significance. Find out the suffering people. I have started atleast sixteen projects to help the needy

women, children, diseased and old people and farmers. The projects are made in such a way that Sahaja Yoga could be activated in them and they feel the miraculous results of it and say, from where has this energy come in us? We could cure diseases, cure lunatics and relieve the addicts from their addiction. How have all these powers come in us? The only way to get this power is by kundalini awakening. It should be kept in awakened state. Those who run from one place to another should pause for a while and see who they are. How great you are? How powerful you are and how you could use that? When I come here next time, I hope the number will be double. Not only this much, people should establish themselves in Sahaja Yoga. After getting your self-realisation you need not become sanyasins, you need not go to Himalayas. You have to be in the society and spread Sahaja Yoga and create a Sahaja Society. Sahaja Yogis should work for the betterment of the whole world. It could destroy all the prevalent negativities. You all could do this work. So I request you again and again to get your awakening. With meditation, this awakened state will remain intact and slowly you will be free from all your negativities. You will become a beautiful personality. If the people of the society are transformed, all the problems, blood shed, and cruelty of the society will come to an end. You will become enlightend beings and set the things right with the light of your

attention. One can get frightened in the present atmosphere. What is this all going on? What is happening? One day or the other everything gets exposed and it becomes clear to us! Why? Because people have not yet achieved union with the spirit. Once you take to the spirit then neither will there be such misdeeds nor will it continue in future. Such obstacles have now come. Human beings get alarmed and think that what is it? The reason is that you are misled and some people have fallen in the ditch.

One should try to stop the heinous activities that have been going on in our country for so many years. These have now been exposed. The degree of exposure is, of course, small. Awakening is very essential. So you could see your state and find out that you are not being misled. Are we also being misled? In India, you will be surprised, every one is infected by this disease. Every one wants to make money, some how or the other wants to snatch it. I mean it is not the case in foreign country. I am always concerned about the fact that whether the people who come to me, do they also wish to extract money from me? All my money is meant for social work. It is not to be looked by thieves and rogues. But they try their level best. So in our country it has become a tendency to make money by hook or crook. Such money is not Laxmi, this is Alaxmi. Laxmi is very wanton (Chanchal). It will take you to all vices and assume the form of Alaxmi and

you will be badly confused. So before getting in to extremities, we should think, "where are we going? What are we being drawn to? In what dragnet we are getting caught? So these ideas to extract money from the pockets of other people will not work out. We should be very conscious about them. Will you carry this money with you after death? This is all wickedness. It will tell upon your nerves. I accept it because it is Ghor Kaliyuga. One more Yuga is also going on with it. I call it 'Kruta Yuga'. Now the Param Chaitanya is active and working out every thing. Wicked people will be hit again and again and they will know their deeds are against the society.

If you want to be benevolent towards the society than you have to awaken the power that is within you. There should be no selfishness in this regard. We have very beautiful words in our language. Swarth means the seeking for the spirit (स्वः + अर्थ). Have you known the meaning of seeking the spirit? To know the spirit is 'Swarth'. Everything else is meaningless. Once we realise that we have not known the meaning of the 'Spirit', we shall get drawn to that path and work to know the Self. All the struggles and quarrels are very traditional. How this state was developed in our country? I don't know. Britishers were here. They used to do the same thing. They took away kohinoor from our country. They could not be pleased without some bribe. But it was all on a

low pitch. Now it has assumed gigantic form. At the time of the British rule this tendency started and now it is taken too far by our politicians. Today not only the politicians but every one wishes to plunder money. The only way to get rid of this evil is Sahaja Yoga. It will discipline our society and generate love and respect for each other.

Another thing is Power. People are mad for it. They want power. What do they want power for? You do not have power over yourself, what shall you do if you attain power over the world? What for? What shall you gain out of it? Many great and ideal people were there in politics. Without their courage, truthfulness and greatness, how could you desire this power. It is just like giving power to the monkey. In Marathi language it is said that if burning wood is given to the monkey, it will burn everything. This is the state of politicians today. Politicians use political status to make money and make money to achieve political power. Because of this perplex state, socially our country has been degraded. Sahaja Yoga is the only remedy. After getting self-realisation people will understand. This is all foolishness. Sahaja Yogis should not commit it. When Sahaja Yoga spreads at a large level these things vanish automatically. Then this evil cannot exist. So you have to understand that we are responsible to bring the Society to the right direction. You could do it. Sahaja

Yogis could do it. Those who are not Sahaja Yogis should be brought to Sahaja Yoga. If we want proper social system where there is no looting, where people live with love, The only cure is Sahaja Yoga.

Apparently Sahaja Yoga is very simple. Every Sahaja Yogi has power and they think that they are realised souls. But one has to get established in it. Only then its power will be awakened fully. With those powers you could reform not only India but the whole world. There should be some arrangement for the reformation. Desires are satanic, but I have told you many a times that it is the period of last judgement. If you take to virtue, you will be saved. But if you take to evil you will fall. We have to see how earthquakes cause devastation at different places of the world. Recently there was a horrible earthquake in Gujarat. We had only eighteen Sahaja Yogis there. I don't know why Gujaratis do not bother about Sahaja Yoga? There was an earthquake in Turkey also. But all the Sahaja Yogis were saved. No damage was done to their houses. I saw it my self. Since you have entered in to the kingdom of God, you are being protected. No one can harm you, No one can destroy you. Similarly earthquakes were there at various places but none of the Sahaja Yogis died nor their houses were destroyed. In Latur there was a monstrous earthquake. We have a centre there; a big abyss was created

all around the centre but the centre remained intact and none of the Sahaja Yogi was harmed at all. It so happened that on the fourteenth day of the moon after submerging the idols of Shri Ganesha in the sea, some wicked people started drinking alcohol. After such an auspicious ceremony, the drunkards were dancing. The wrath of the diety fell upon them. There was an earthquake and all were buried in Mother Earth. But none of the Sahaja Yogi in Latur was harmed. Their houses, children and family, everything was fully protected. Is it not a miracle?

You should also understand that you are also protected by the Divine because you have entered His kingdom. You have risen above all other kingdoms. Now there is absolutely nothing to be afraid of. Nothing can destroy you. In Sahaja Yoga we have many such examples. We have seen many people getting cured, drug addicts change overnight. People are astonished as to how it has happened! I have told the same thing that with the awakening of kundalini, all the perversions go away. That is how things are working out and people have started feeling its impact. They are realising that this transformation is much needed; without it nothing could change, nothing could improve. Human being is the root cause of all these perversions and he himself will now get the awakening and take it up further. I have full faith that the

way Sahaja Yoga is spreading here, it will continue to go further and further, and its light will enlighten every house and every nook and corner of Mother Earth.

Now find out the Sahaja Yoga centre that are in your areas. Go to these centres and achieve depth in it. Only the experience of Self Realisation will not be much useful. Depth is essential. You must aquire all the knowledge of Sahaja Yoga. You could understand all the subtleties of it. You cant not know the subtleties by reading scripture like Koran or Bible. When these books were written, this work of collective awakening was not possible. These were written for those who are unrealised, so that some how or other they could get their awakening. But now you people have got it and to acquire further knowledge, you should go to the meditation centres, even if they are a bit away from your houses. I hope you will accept it and give due respect to it. The gift you have achieved is eternal. No one could get it since many many years. You could understand its significance only when you received its power. Please achieve it and respect your Self. Respect your Self and go deeper and deeper in it. Its my blessing that you should be very comfortable, full of joy and peace and become powerful yourself.

May God bless you

CHRISTMAS PUJA

Ganapati Pule-25.12.2000

Pravanchana of Her Holiness Mataji Shri Nirmala Devi

(Translated from Hindi)

The reason for celebrating this auspicious day is the birth of the Christ. Very little is known about Jesus Christ because in young age he left his house and after returning he lived only up to the age of thirty year. But during this short period he did tremendous work. After his death, his twelve disciples spread Christianity. They also faced problems as you have to face sometimes. But these twelve disciples did tremendous work. Their followers, in the beginning, were known as Gnostics, meaning 'Those who have known'. The origin of this word is from 'Gna' meaning 'To Know'. These people were harassed and tortured by the priests of that time. So in the beginning it was very difficult to convince people of Christ's thoughts. People were not self realised. Jesus Christ had said it again and again 'Know Thyself', 'Know Thyself'. Without realising the significance of self realisation people started spreading the religion. Without knowing the Self, religion could not be spread because gradually such religion becomes Adharmas. Same thing happened with Christian religion. It is written that Jesus Christ went to a wedding party. There he put his finger in the water and converted it in to wine. It is written in Hebrew language that

the taste of this water changed in to that of the wine. 'Wine' in Hebrew meaning the juice of the grapes. But Christian people twisted the meaning of the wine and took it for alcohol and Christians took to alcohol and accepted it in their religion. Alcohol is the cause of all Adharma, all sins. It gives human beings distracted attention. Its very easy to change the taste of the water. I may also do it by putting my hand in it. But people took so much to alcohol that I am astonished! In England, I saw, they drink alcohol. Whether some one is born or dies, you go to someone's house, immediately they offer you drink. Without drinking they do not know how to talk to you. Alcohol is so much prevalent. But it will be injustice to say that Jesus Christ advocated the drinking of Alcohol. None of the incarnations could tell to go against religion. In India also the use of alcohol has become prevalent. When we were young during the time of British rule, Indians were not used to drinking. May be that alcohol was consumed by some highly placed people, otherwise it was not used. Now even common men could be seen drinking. No one thinks of the miserable state alcohol drags the person in. Drunkards, then commit sins.

The first thing I want to tell you is that the drinking by the Christians is not a religious activity. Alcohol is made in the Church of Rome. To commit sins (Adharma) in the name of religion (Dharma)! It is unpardonable sin. That is how people accept all the evils.

The aim of Jesus Christ was to open the centre of your Agnya and to achieve that purpose He got Himself crucified and then He resurrected. It appears to be a miracle but for the Divinity there is no miracle as such. He proved that human beings could rise above the centre of Agnya and on this centre he told two mantras which we call Beej Mantras - 'Ham and Ksham'. 'Ksham' means to forgive. Ksham is the biggest mantra. The ego of the person who knows how to forgive, gets destroyed. One is proud of small-small things. For example if you tell someone to sit on the earth, his ego gets hurt. If some one is told to sit in the chair, he will reply, "This chair is very small, why have you given it to me?" Everyone has some expectation about him and if his expectations are not fulfilled, his ego immediately comes up. Unknowingly some times such things could be done but the egoistical people take it as their insult. Such people make their condition very miserable. All the time they think they are being insulted and humiliated. He is always obsessed with this thought and he draws negative meaning of

whatever is told to him. So we have to think of what Jesus Christ had thought. He said, "Forgive those who have tress passed against you". Now see the results if you forgive everyone. You will neither suffer nor get disturbed mentally. You will not think of the person whom you have forgiven. Nothing could go against you because you forgive everyone. We get this power from the centre of Agnya. The person whose Agnya is clear forgives everyone. If we donot forgive we torture ourselves and play in the hands of others, who assume power over us. 'Forgiveness' is the greatest message that Jesus Christ has given to mankind.

Second is 'Ham' It has altogether different meaning. Ham means 'To Know Thyself.' You have to know that you are the Spirit. You are not this body, mind, brain or ego. You are the Spirit. When you know this 'Ham' then it will be clear to you that you are the 'Atma'. The 'Spirit' means that all the ego, foolishness, ignorance that we have in our mind, are meaningless. All these negativities have absolutely no place in the Pure Spirit. You are very pure,

So he told two things, the first is 'To Forgive' everyone. Knowingly or unknowingly if someone troubles you, you should forgive him. You will not get tortured but if you donot forgive

then you torture yourself because another person is sitting nicely. So you must develop the habit of forgiveness.

Second thing that he told us is that 'You are the Spirit'. Know this Spirit, the Self. No one can touch the spirit, can destroy it, no one can torture it. If you are that spirit then you should be established in it. But to achieve this 'Atm- Tattva' the awakening of Kundalini is necessary. First is to work out the awakening of the Kundalini and then to get established in it. Untill you are established, you will remain entangled in stupidies. So one should know how to be established with in, to remain with in thyself. When you achieve this state, you will feel the extreme joy within and nothing will disturb you. When you get established in this aura of peace, then you will be surprised, you won't worry about small small things. You will be always drenched in the joy of Spirit.

To attain the Spirit, the awakening of kundalini is essential, Without attaining awakening this is impossible. But some of the awakened people also get confused. They do not go in depth. The central point is your Agnya. If you look at it then you will come to know that it is confusing you. Because of it you are entangled, caught in different thoughts and having different problems. But when you cross this centre of Agnya and go beyond it then

this problem will be over. That is why this centre is very significant. It is written in the Bible that those who apply vermilion on their forehead will be saved. They could be none else but Sahaja Yogis. Its a stupendous task. Jesus Christ had only twelve disciples, but you are thousands and thousands. Had you put one thousandth labour that they put, the spreading of Sahaja Yoga would have been much more. I depend upon you people. You are my sole support and I hope you will spread Sahaja Yoga in the whole world.

I am sorry I had to speak in Hindi language because most of the people who are here are understanding Hindi only. When I am abroad, all the time I am speaking English, nothing else but English language and then I want to have some change for a while. Regarding great advent of Shri Jesus Christ, I told them that He came on this earth with a very great mission, I would say one of the greatest missions, because, he wanted to open the Agya Chakra which was so constricted and could not be done before. For that He had to sacrifice His life. By that sacrifice only the great Agya could be opened. He was aware of it, he knew it that it has to happen, that He has to somehow accept this sacrifice. As it is. He was a Divine personality. He had no problem in doing so, but He thought that there could be some other way by

which you can open this agya chakra. But He had to sacrifice His life and in that sacrifice He has shown that if you have to rise above this mundane superficial life you have to in a way-sacrifice.

Sacrifice what? Sacrifice all your six enemies. But with the Kundalini awakening all the six enemies get completely detached. It depends on how your Kundalini has risen. If She has risen in a perfect manner then I have seen people at the first shot they just become completely self realized. Of course, there are very few but there have been. While I feel most of you have little problems and for most of you it is the problem of the Agya chakra. How do we get the Agya chakra working so much is this that we think as a reaction to anything outside. We react to everything. I see here all these lamps, I can react by saying from where did they get all this, how much it must have cost, where are they kept all the year round, all kinds of things? I can react. **This reaction comes from our conditionings or from our ego.** Egoistical people are extremely sensitive. If you give them, say something that they think is not very dignified, they can feel hurt. They can feel hurt for anything because they have a consciousness that they are something special, something higher people and one should behave with

them when they are dealing with anyone and that's how they get absolutely disturbed if they find anybody in anyway degrading them. This comes from ego. Ego is part and parcel of this Agya movement. The second one is your conditioning.

Now you have a conditioning say, you are an Indian. Now the conditioning is that a person who comes to meet you should touch your feet, supposing that's your relationship and if the person doesn't touch your feet then you are angry. Anything like that which is your conditioning gives you an idea that you are being insulted or in any way you have not been respected. Then you feel bad. The other reactions of ego are like this, as I said, I see those lamps and I can say why not I have it or if I have them why will I give it to anyone. Ego reactions are there or conditioning reactions are there. These two were to be finished and that was done by the sacrifice of the life of Christ.

Christ himself was a Divine person and a Divine person is like the sea because it remains at the Zero Point, at the lowest point. It does all work from that point. It will make clouds, it will make the rain and when all the rivers are in spate, they will run into the sea because the sea remains at the lower point. So, humility is one of the criterion of a Sahaja Yogi. **A**

person who doesn't have humility can not be called Sahaja Yogi. I have seen even Sahaja Yogis get very angry sometimes, start shouting and getting angry and misbehaving. That's the sign that he is not yet a Sahaj Yogi, he has to still mature. So, this humility of a person will make you more stationery, I would say, more permanent stage by which you will not react, you will not react. You look at anything and you react but then you don't react, you just watch and that is how the new state, a witness state comes into you. When you become the witness, you are just watching and just watching not reacting, not thinking about it but you are in the present and in the present you just watch, watch and really enjoy. **The enjoyment of all the creation is not within your mind when you are thinking and when you are not thinking the whole enjoyment of the beauty of all this creation reflects in you and gives you tremendous joy and peace.** So, one has to learn that we should not react.

Today's problem is that all human beings are very good at reacting, reaction is the basic principle of today's life. See any newspaper, you see any book, meet anyone. What I find that they are experts on reacting, they react and by reaction what happens? They never achieve any essence of the thing. **Essence is only**

through witness state that you can achieve. This is what we have to learn from the crucification of Christ, from His birth that He was born in a very humble family, very poor family, in very adverse conditions. **The reason was to show that all these outward things and all these outward glories do not make you great. The greatness is within and when that greatness is there then you don't care for it because you are so much enriched within yourself that you don't bother about other things, you don't think about these things and you live in your own majestic life.** This is what we see in His life that He was a very majestic person; other wise if you meet somebody who is a poor man and who has felt the poverty, he will talk to you in a beggarish style. If there's somebody who is born in a rich family he will talk to you in a very, I should say **outwardly showing off nature but a person who is a Divine person-all these things don't touch him. For him riches or not riches, positions or no power is all just the same and when that happens then you should consider that you have become Sahaja Yogis.** I have seen people who come to Ganapatipule, now they have very much changed, otherwise in the beginning they used to say we don't have water, we don't have this facility, it's very cold or hot, whatever it is. They were all the time talking as if they are on a holiday. It is

something very different. You are here to develop your witness state. Did you see the sky, how beautiful it was! How orange blue, all kinds of colours were there! The colour it takes automatically and is enjoying it. It is not bothered that it should remain forever, that it will go away when there will be darkness. Just watches it. The sky is just watching. Whatever comes its way it takes it. So, it's so beautiful and it's so joy giving.

So the another thing is that when you are in that state of spirituality then you are joy giving, you are peaceful, you are compassionate and you love each other. All these problems of the ego just disappear. Ego is your greatest enemy, I think, and it is the one that really hinders all the wealth and beauty of your life. So, if you could just see this ego, how it works, just you will be enjoying. It's a drama it plays, alright let's have it. You can see the drama and then suddenly people feel amazed that you are not in it. You are watching it. When you are detached from your ego, you can see how it tries to entice you. These are the problems of today and that's why we need Jesus very much.

The problem of today is that people don't understand that how much harm they are doing to themselves and to others and to the whole world by becoming egoistical. If they could

understand, I tell you, they would give up but the problem is that they enjoy that thing, they enjoy that kind of meanness or I would say very low level living. While you are all Sahaja Yogis and what you have to do is to understand why this ego is coming in my head? What have I done? Who am I? Once you go on asking such questions this ego will disappear. It's a big problem for me also to deal with people who have ego because I can't tell them you have got ego! If I tell them they will all run away. If I tell them, alright, you are very good, you are very nice then ego will be bloated. Then they say oh! Mother told us, I am very nice. It's very problematic. I don't know how to deal with the ego of human beings? I know they have, but I don't know how to deal with it. I think it's only you can deal with it if you will understand what's wrong with you. That's a very good way of solving your problem and my problem.

My vision is too great, I think for one life. I want a global realization, I want people all over the world to have realization. It's very remarkable how in Sahaja culture we have a proper training for getting rid of it. You can yourself introspect. You can yourself see why you behave like this. The introspection that Sahaja Yogis can do cannot be done by other people because they can enter into themselves, they can see for

themselves, they can watch others and with that they can just try to see what is this Mr. Ego doing within your head. Of course, we know that the mantra of the Christ is the best for removing all egoistical problems and that helps a lot. But also when you are doing this mantra you should be yourself in a very humble state. What am I? After all who am I? Look at so many stars, look at so many beautiful things. Who am I? What have I done! Why should I be so egoistical? Why should I think I am something great? Also other people pamper you because they want to take advantage of you. So they will pamper you, they will say this is very great, you are very great and you just get enamoured! Get lost! You are like thrown into the torrential rain and you flood out into big, I think, like a big stream of egoistical people. If you see around today, in these modern times, everybody is quiet conscious of their ego, very conscious and the way they are coming up in the newspaper or the way they are in some magazines, I am quiet amazed! I would feel shy to be there because it's so much of expression of your ego, nothing else. All kinds of things they start. They have competition of ego, lots of competitions of ego. Like they have a beauty competition, then they have another competition of you can say, Mr. India, this thing, that thing. All these things actually give the person

ego and others also run after such competitions. They think why am I not? I should be like that. So, it's very deadening and absolutely blinds your mind that you think this is the way one has to be very successful. This success does not lasts for long, it perishes in no time but success in Sahaja Yoga is what will last forever and everybody will remember it. The one who has this kind of a humble nature will be remembered for generations. I have never seen a statue of a person who has been egoistical. On the contrary, if there was some, they use to catagorise, he was very egoistical man. Now-a-days it's impossible, anybody who has ego, I don't think anybody is going to sing any songs about such a person or going to raise any statues of him.

So, in the hearts of heart we like humble people and if we want others to like us we should be also very humble, not artificially but really, by understanding that what are we, why should we be proud, why should we try to overpower others and trouble others? If you understand that, you have done full justification to the incarnation of Jesus Christ, the great. Again, so many qualities He has shown but for us the best is His passing through the Ego Chakra, sacrificing His life. It is the greatest message and for that we have to understand. But those who call

themselves Christians are the most egoistical. I was surprised that in England, English people are extremely egoistical or otherwise other countries also I have seen, in the West, they are very egoistical. They have no humility at all. Compared to Indians they are very-very egoistical people. Why? Because they are following Christ, can you imagine! Is this the way we follow Christ? Those who call themselves Christians and those who call themselves very great admirers of Christ, should show in their life, that humility, that compassion, that love. It is not so. So specially for people who are from Western countries, you must try to learn Sahaja culture. In the Sahaja

culture how do we talk, how do we live, how do we contact, is something very different. Once you start Sahaja culture in your life, you will be amazed, others will be amazed how you are having rapport with each other, how you are looking after everything so well! This is the best way to live in this world as Sahaja Yogis, where there is no ego, there is no conditioning, nothing. You are just absolutely free from all these horrible attributes and then you will be amazed how people will trust you, how they will like you! I wish you all a very Happy Christmas and also remember the message of Christ and his life.

May God bless you.

Easter Puja

Istanbul - 22.4.2001

Pravachan of Her Holiness Mataji Shri Nirmala Devi

Today we have gathered here to do the puja of Easter. In the history of Spirituality it is one of the greatest days when we find Christ rose from the death. And in Sahaja Yoga also what we have done is to rise from the death into life. This is to be understood that resurrection is the message for all of us, for the whole world. We have to resurrect ourselves. There was no need for Jesus to do that but he was a model, model of a saint, model of a realized soul, model of a person who came all the way from the Heavens to save us. So this resurrection is also part and parcel of ourselves. It is so symbolic, so very symbolic that even in our consciousness we get lost in it. We have no control over ourselves, it is to know the way our mind told us, we have no balance of the mind and of our physical needs, no balance of any kind and we used to go at random, whichever way we thought was good. It was no wisdom.

As it is, Jesus was incarnation of Shri Ganesha. It is a very difficult task he has come for is to convince people who were absolutely ignorant about spirituality, who just knew about money and nothing else. He came in those days when people had no idea about spirituality at all-at all, but somehow it all worked out in such a beautiful manner that people have started understanding that He communicated that resurrection is the

important thing. In you, when the resurrection takes place the Kundalini rises and connects you to the Divine power which is all pervading, then you start understanding that there is a life beyond the life that you have to live. There's another type of life, higher type of life which connects you to the Divine power and then this Divine power gives you that absolute truth. You should grow more and more you will know absolute truth. Because so far you didn't know, you have been doing wrong things, doing in a wrong way, getting lost. Also the listening to the people who were just boasting and were saying no word about the truth. But when you yourself discover the truth you are a different person. The discovery is so innate and so real that you discard all the dissensions very easily. You can discard it and you don't find it difficult to get rid of it.

In this conference as you know you have more of muslim people, Islamic people who have been so much misguided all over the world. They have been told all kinds of stories and hatred among people for others. This Islamic force is growing from bad to worse and people want to believe in it, specially in my country there's a very-very big problem with these Islamic influence because they are no where near Islam and nothing to do with Mohmmmed Saheb but they are thinking that they are correct

and what they are doing is correct. They are trying to spread Muslim religion. First and foremost what is the purpose, I can't understand? Unless and until you get your realisation you are a useless human being good for nothing. You can hate others, you can beat others, you can kill others and it is going on all over the universe. It is a surprising thing that all this nonsense is going on everywhere in the world in the name of Mohammad Saheb. So in one shot, on one side you put Christ, on another crucifixion, on the other side Mohammed Saheb or his crucifixion. They can not fight, you see, they are on the same line, they are on the same understanding. How can they fight? But their disciples are fighting so badly all over that sometimes it really pains you when you hear about how people are fighting for nonsense.

In his life Christ did not marry, He did not, He never needed also, He did not marry, and at a very young age he was crucified. That crucifixion shows that He was not afraid of Death and He knew that He would resurrect. This He had to do through the Agya Chakra. Agya Chakra is very constrictive and through that constriction He had to go through on which He had to get fixed. He accepted that, He accepted with full heart that that's the ordeal He has to go through. In the same way your Sahasrara can be only achieved through the Agya and the Agya has to be opened. But for that you don't have to get hanged, you don't have to be

crucified but you have to crucify your ego.

The first point is ego. You have such ego that you can not get rid of it. You have subtle and subtle ways of having ego. Like I come from this country. I must have ego, I come from this kind of family, I must have ego. All kinds of stupid things they do which are really sinful and they think they are very great that they have ego. **This ego you have to fight otherwise your resurrection is not possible, your attention can not pass through this Agnya Chakra.** As long as there remain such identifications it will not work. It's a very subtle happening, very-very subtle happening that you should see your own ego after realization. I said you know yourself.

The first thing you will know is that you have too much of conditioning and too much of ego. Like in India, I find people have so much of conditioning of their so called rituals. Very ritualistic; everything is a ritual with them and they can not get out of it. That's all the conditioning is but ego is the worst part in the West, more in the West where I don't know what they think of themselves! In that ego they get lost and they cannot see what's wrong with them, with their own community, with their own people, who play in the hands of ego. So, this ego has really dominated so much. So far in the history, so many countries, nations have been really tortured and butchered because of the ego of somebody. Once they realize how

horrible they have been, how satanic they have been, how aggressive they have been, they will give it up but you have to realize and for that I said you have to have your resurrection. Without the resurrection you will not know at all, you will not be conscious of what wrong we have been doing. It is very-very surprising how people go on doing wrong things, advertise them and come out as heroes. When I read the newspapers I say, 'are there all stupid people all around?' Absolutely very-very stupid in the sense that they have no understanding of what they have, no understanding of what they have to do. They are just killing people, enjoying the killing. They are so violent. It is impossible to understand what sort of life they are going to have after death even before death! In this whole thing you see the whole picture of the world. You will find all such countries who are still fighting for nonsense are very-very poor, are having very bad time and they are about to be completely finished but they don't want to see why they are suffering. Why? What's happening. What is the problem? In the countries where there is effluence, lots of affluence, they also got lost. They have to rise above materialism and see for themselves what they are doing is wrong. They are like actually cheats. They are cheating the society all the time. I think the whole economics is based on cheating. How you can cheat people and in that cheating you don't even realize that you are doing something to make people so

insecure? So this money business also is such that it makes you very greedy and you start giving too much importance to money. This is one thing to be understood from the life of Christ. He was a very simple poor man, son of a carpenter and to Him money was nothing but absolutely a useless thing. To Him spirit was everything and He was preaching and telling people that you must have spiritual awakening. Its very important. Try to understand that there is life beyond all this and then you should get the best results out of this life which you are just wasting. He was so intelligent and the way He discussed with all those great fathers from the church about the religion and all that. It's amazing how a little boy could understand so deeply about religion. He was a small boy that time, nodoubt, but He was Shri Ganesha. He is Om, He is knowledge, everything. Despite that nobody recognised Him because they cannot recognise the truth, they cannot understand the truth. They are so stupid that they can only take to something that is false hood, that is bad and ultimately they crucified Him. This is a funny world where saints are crucified and the devils are given so much importance. But now the time has come for all these people who are doing wrong, who are trying to strangle others will be strangled. They will be all exposed. I have told you this is the year of exposure. They will be all exposed if they are doing all such things of aggression and of greed. All their greed will be completely exposed and

they will be thrown into well. This is what I felt for this year specially. This has to happen.

So best thing is to take to your resurrection, take to your higher life and see for yourself what are you doing. What is the greatest thing to have? Money? Power? It doesn't help anyone. People don't have great name with that. Nobody remembers anybody who is a drunkard, they don't have statues of the drunkard people. So, who achieves something higher? Who achieves great name like Christ? Those who have sacrificed their lives for the betterment of humanity, for helping them. Why did they do it? Because they loved human beings, they loved human beings. When you love others then you start thinking about what is the best, what can you do the best for them. Now there are parents who are ignorant, they don't know what to do for their children, so they try to dazzle the children with lots of things and food and this and that. But children if they are not brought up with love they will have no considerations what so ever, they will go astray. But in case they know somebody loves for the love sake they will not go astray, they will not do wrong things.

So the greatest thing about Christ or anyone of these great people is that they loved, they loved the people, they loved all human beings, That is what we have to do. Do we love ourselves? Only our families, only our country or we love the whole world or do we live for the whole

world or we live for only our limited circles? We should find out what are our aspirations? What are our desires? What do we want to have? If you are really thinking of other people as your own with love, it's so joy giving. You may have any amount of ornaments, may have any amount of houses, property, money, you may have power, you might be the Prime Minister of this country or might be the Prime Minister of another. but if you have no love for others, you can not enjoy yourself. Your enjoyment only comes through love, that's your capacity to love. There's no other way you can enjoy yourself. You may have television you may have music, you may go for dinner, parties everything but still nothing penetrates, nothing is there to give you real joy. That's what Christ has taught us that He had love for all the human beings and He wanted to prepare them for the resurrection. He came before Sahaja Yoga came. If He had not done that job it would have been difficult for me to achieve it. So, He had prepared the stage for Sahaja Yoga that now your Agnyas are opened and through the Agnya you can take the kundalini upward through the Sahasrara and open the fontannele bone area.

All this He thought of was part and parcel of His love for people and that's what He did and He cared for so many people. He is such a help to us in Sahaja Yoga; without Him, I don't know, how could I have really broken the Agnya Chakra because as you know Agnya is such a horrible thing? People go on doing

wrong things through Agnya and they never feel bad about it. They won't think they have done anything wrong, they have harmed any one, they have tortured anybody or they have made others cry. They go on with their Agnya but they have no heart to feel what they have been upto. It is Christ only, who shows us that you break your Agya, pass through your Agya. Here they call it as a third eye. The other day one lady came with a magazine of third eye and when I told her what it is, she was surprised! If your third eye is to be opened means Christ is to be awakened within you on your Agya. That's the third eye.

Now what He does is that **He creates a witness state within you, you become the witness of the whole drama. Start seeing the whole drama and you are amazed how you are silent**, thoughtlessly aware and how you are seeing everything without reacting! This is where we have to believe that Christ has taken His form in our Agya. His birth is there, His resurrection is there. All that we have got is already worked out like in a machinery the whole being is made and we have different chakras and centres.

This is the last most difficult centre which was really opened out by Jesus Christ. He is the one who dared it and who did it so beautifully that we too have now capacity to look at our ego, to see for ourselves what are we doing, why do we think we are something very

exceptional. Once you start seeing the ego, you will be amazed, whatever work you may do, whatever you may do you will never be tired. You get tired because all the time ego is saying, oh! You are so great! You are doing so much work for others, you have achieved so much, all that. So, then the ego goes on all the time pointing out all this false greatness about us and we get tired that we are so great, and why should we work, why should we help others? Like that funny idea starts falling in our mind and what we do is that we feel very tired, fighting with those ideas we feel very tired.

Now, our whole situation is made much simpler by the life of Christ but look at the Christian nations. They are juxtaposition, they are on the other side of Christ's teachings. They are the most aggressive countries. They, aggress people so much that in the whole world they are regarded as something very great and like they are the kings or something. I know this because we were in slavery in India and I was surprised that these people came from outside and nicely became masters. They were masters and used to treat us so badly, used to really make slaves out of us. So, the slavery started and then all such things started in India as well as abroad. Everywhere people started thinking that they are great and they were Christians. They used to go to Church, and from the Church what did they learn? How to dominate others, how to show them down, how to take away all that belongs

to poorer people or to the less stronger people? It's a thing we have seen ourselves. So this happens to people who have this ego very-very powerful and they try to take over things that belong to other countries. What right have they got to take somebody's country, I can't understand? All these complications are there in the modern time. They are the worst. It was never so bad as it is today. We had Hitler, we had people of that kind once in a while but the whole world was together on one side. No body was confused, no body knew that we have to fight all the time. Now may be because of newspapers, I don't know why, nobody knows which side is correct and which is not correct. This being such a dispute about everything but people don't try to understand the reality of the problem and they are killing left and right, all kinds of people. It's very surprising how in this world human beings are killing each other much more than the animals do! We are the worst-worst than the animals that we are killing ourselves, our own clan, our own people. In India also we are surprised how they are killing! Kashmiris are killing Kashmiris! In the same way every where you go you find they are fighting among themselves. If you go to Africa you will be surprised how they are fighting among themselves! I mean now the principle of fighting has come up very strong and people think fighting is a very important part of human beings. Any thing you say immediately fighting will start.

Now, look at Christ and His life He didn't fight anyone. He didn't argue with any one and He accepted, accepted the death on the cross. He accepted it because He knew that it is for the resurrection, for not only His, for the resurrection of the whole world. **This is what we have to learn, we have to be the models of resurrection.** We see all things happening, we are upset also about it and when after realisation people see that surroundings are full of this, their own people are like that, they start fighting for nothing at all and they realise that these are my own people who are doing this nonsense. You can't correct it. You can't do anything. But if your Agnya is clear, if your ego is finished, if there is no domination of any kind in your mind and also your conditioning is finished, then you become the channel of creating peace, you are the one wherever you are you can create peace. This is something, a special thing for Sahaja Yogis to know that if you have no Agnya it may look like you are suffering. But you are not, you are doing it for others, for surroundings, for your friends, for your neighbours you can say for your countrymen, for all of them. When you have no Agnya you become such a big source of Divine force that it can work out anything, it can change, transform people. Can happen like that and it has happened to many people before individually, but now collectively. I am sure all this anger, all this temperament of aggression and all these challenges from all these nasty people

can be brought to an end with the people who have no ego, with the people who are not justifying their wrong things, with the people who have a clear cut idea as to what is the truth. They may speak, they may not speak, makes no difference. whatever they are but they are such a big shield against those aggressive forces which are ruining the peace of the world.

So, Christ did it for the peace, to bring peace on this earth. **It's very important, there should be peace but if there's no peace within how can we have peace outside!** It's very surprising how so many countries who talk of peace are engaged in wars and fighting? How can you have like that? They have no solution, they don't understand. The only solution I find is to transform them in Sahaja Yoga, that's the only one. You have to take out their ego. You can see in many people it resists. It is there. Working with this ego it's very-very dangerous thing people have. So, this one was the one which was really handled by Jesus. He tried to neutralise your ego, He tried to take out the problems of the ego to make you a humble, mild personality. To say that a humble and mild person is always into danger is a wrong thing to say. See when the people are aggressive and people are trying to dominate, the humble man is the winner not the one who dominates. So main thing is now to watch out for your Mr. Ego. How it works? It's very interesting, very interesting to see how

it makes a drama, how it tries to cover up things, how it tries to show that you are superior to others! It is to be seen, it is to be seen very clearly what this Agnya is upto. It's a very-very mischievous thing, very harmful thing and most embarrassing also. So these egoistical people are like that and ultimately they become nervous, very nervous and think no end of themselves. First they try to control others but then they are needed to be controlled. They are like that because they are all the time trying to control others and they don't know how to control themselves. (What's the matter? Why is the child crying so much, why is he crying? Must be something wrong. Normally children keep very quiet in my lectures).

Now this ego is also like this child, he doesn't hear anything, doesn't understand anything, just goes on disturbing everything. In the same way our ego also behaves without having any collective knowledge, without knowing what are you up to, what you are doing, who are you harming? Nothing, just a satisfaction, such a blind satisfaction that you are doing something to assert your personality. If you just watch your ego, you will laugh and enjoy the buffoon. You will see what a thing it is, it has been befooling me so much! What an awful thing this ego was! At the time when Christ was there, the people had such a lot of ego. No body talked about it, no body said anything. So, this was the best way that he could show us that you can

break your Agnya by sacrificing your life. It is not needed in Sahaja Yoga, not in Sahaja Yoga but in a way in Sahaja Yoga also if you have any ego you should first of all be in a witness state instead of doing any wrong deeds. **If you have ego, you cannot have witness state, if you cannot have witness state you can not improve your ego; it's a very confusing thing.** Now, supposing you develop a very big ego then you go on justifying it all the time. You think whatever I have done is good after all it's very good for everyone, good for me-self certification starts; with that you can never see what you are doing to yourself. What you are doing to others. It's something such a blind folded nonsense. When this ego comes up in that way then I mean we can have Hitlers. We can have all kinds of things. Any small point they will take and form a group of people doing this kind of thing. Anything they will say, that now we are people who are spiritual, so we have a group and we are spiritual people and whatever we do is the right. But who says it is right? By what law is it right? And we have had so many cults and like this that everywhere where people join them, kill themselves and all kinds of problems come up. How can that be spirituality? In spirituality the first and foremost thing is that the person becomes very meek, very humble, very humble. His humility is the one that glorifies. It's not the aggression. See, Hitler came and died, who worships him? Others also came like Musolini came - died, who worships him? There are so

many like that who came and went away; they don't even want to have their statue, so bad as they were. So those who have this ego are really very stupid people in the sense that they do all wrong thinking and say it's a right thing to do. Ultimately they are recognised as absolutely very-very wrong type of people; people don't want to take their names even. So, the time can prove what are they and what they have to be. It's a very-very calculated work of the Divine.

You shouldn't play into the hands of your ego. Try to see yourself. O! Mr. Ego, so you are there! Try to watch and that time if you take the name of Jesus, ego will go away. Just say the mantra of Jesus and ego will disappear.

Another side of this horrible ego is the conditioning. That also has a very-very-subtle link. For example, supposing, if somebody comes to your house and starts saying, that oh! What a dirty carpet! I don't like this colour, that thing, I don't like it; without understanding that you are hurting another person, talking like that! he comes in and then you see how stupid he has been because no body likes such a person who is talking like that, but to him it's very important that he should correct himself because he has a conditioning that a particular type of carpet is good the another is not. That conditioning works and he goes on talking nonsense that this is not good, that is not good. You cannot enjoy

anything, you cannot enjoy anything. You go to any home, you don't like it because there's conditioning you know of some thing else which is good. So they can't enjoy everything. They decide on their conditioning. It's nothing independent. It has nothing to do with the intrinsic personality, intrinsic value of that thing. Just like that, I don't like it, it's not good. It should not be said by Sahaja Yogis. Never use this word. You can find out from me, I never do that. Whatever it is, I say, it's alright. I never criticise that thing. This criticism business comes from this conditioning because you have had such conditioning. Supposing, you are an English man, you have english conditioning. Now, infection comes, their cows get this disease. How did they get the disease when you are such perfect people? Then in Europe the animals got one disease, how is it they got this disease when you think you are the cleanest people living ever? Just watch out why? It's all their own conditioning that we know everything, we are the best in the whole world and we have a right to rule everyone. Now those who are very rich people like America and all that used to think no end of themselves. Now what has happened? Suddenly it has become a country were everybody is to be pitied. Why? What is the reason? Why has it happend?

It's always the nature which corrects you by giving the other side of it. Anything you try to boast of or you try to put your conditioning on others, it repels, it comes

out. It works in such a great manner that you can't imagine and then it does not work out. Then there are earthquakes, all kinds of calamities come. There was a group of people who were white skin near the river Mississippi and they were called as red necks because they were always hot, their necks are always hot. They were such angry hot tempered people and these red necks were known to be very cruel. They used to kill people and put the blame on some other people, aboriginal people and arrest them and destroy them. It went on and on and on but one day this Mississippi got flooded so much that it entered all the houses of these red necks, you see, and I saw them running away with all their belongings which they could not carry also. Somehow they were leaving behind, some where running and while running also they were losing it. Like that the whole chaos took place, of these red necks, and now I am told they are much better. See that nonsense they had, of killing all the black people and torture them, now has come on their heads. Mississippi has taught them a lesson.

So, now the nature also doesn't like conditioned people. Conditioning is creating a big problem now, even now, in all the countries like racialism. Racialism is a very bad conditioning. I mean if somebody is black or white or red, what does it matter? God has made that person. I always say that in America if they remove all the people who are not white skin what will be left there! They

don't know how to sing, they don't know how to play, they don't know how to operate! All the Indian doctors and Indian nurses will come away, then what will they do? Imagine, thinking no end of themselves, they are great racists, even now they are, but gradually they will definitely improve because they should know their deficiency. This world is one and you need people from every country to help each other but this conditioning of thinking themselves to be something great is a very bad conditioning. It is the mixture of ego with conditioning, conditioning giving the ego that we are the best.

But I am very happy to know that after realisation it so happens that with this resurrection, Sahaja Yogis start singing, thinking, understanding what is wrong in their own community, what is the mistake they have been committing? They just become like that alert and they start telling that they are the ones who are doing this kind of nonsense. Imagine, it is very surprising how you become conscious of the defects of your own country! So important is Agnya. That's what I think Christ had realised that Agnya should break, unless and until Agnya breaks people cannot go further and that's why He crucified Himself and then resurrected because without killing the Agnya you cannot resurrect. All these things have worked out so well now that the whole world is seeing like a panoramic view of complete destruction of the nonsense. They are seeing this

very clearly and you see now these people who did not even look at us, who had a very stiff nose and stiff lips and stiff neck all is relaxed. They are wondering why this has happened, from where did we get this curse?

So, for the Europeans specially, they have to understand the beauty, the love, the greatness of another human beings and then that will be so much satisfying. Why there is so much problem now of this recession? All over it has come. Recession is nothing; it is the same Mr. Ego, it is the same conditioning which was like a snake eating up. Now it has receded. It is full, doesn't need any more. It's quite full and may be it is now in nature of getting indigestion. I think so that these two snakes that were eating human beings are receding.

It's the best time when you can see the drama, drama of ego and your conditioning. How these two things have eaten up human beings? One should feel why, one should feel little bit modest about it. When you are full of ego you don't even see anything putting conditioning on others is horrible! I tell you, I can't understand how can they put a conditioning on others? It is now you people all enjoy, say for Indian music but when the British were ruling us they used to think it is a horrible noise going on. They could never understand. Now, they are paying such a lot to attend the programmes of music. That is also a kind of rebuff but also they don't understand

still. They will go because it is regarded as a very big fashion to listen to Indian music. So, your ego also is so stupid that God knows when it will give away. Today it will say this is the best thing, tomorrow it will say no-no-no-no, you should take the other one, that's much better-indecisive. They have no discrimination, basically people have no discrimination. Those who have ego are indiscriminate, they cannot discriminate between evil and good and such people have been now, thank God, punished quite a lot. The life of Christ is the model. It proves that your resurrection is so essential, it is so innate that unless & until you get it you are lost, whether it's a country, whether it's a person or any organisation. This ego, that you have, can ruin you ultimately is now been proved, can completely take you away from reality. That is the thing that blinds you; another's ego can blind yours like we have those priests, we have those mullahs and all these people. They are the ones who have this tremendous power to misguide you because your ego has no sense of discretion. It doesn't even think like that and when they are specially not so much on the ego side but conditioning side, it's even much worse - much worse because when you are conditioned, you start believing into all kinds of nonsense and you start ruining your health with that. It is a very-very surprising thing how people understand and like things which are very destructive, but you can manage. These are the modern times where you

can advertise, you can do all kinds of enticement, every thing and you can manage this Mr. Ego very well which pampers you. In this pampering ego gets completely down and it loses its control over its own personality. Thus many people get lost into it.

Now, Christ has sacrificed His life and then He resurrected, in the same way all such people who have ruined their lives have to come up through resurrection. There's no other way out, but through Sahaja Yoga. When you understand your own value, you will understand everything otherwise what is that you are looking through your eyes or somebody else's eyes, you are hearing through your ears or somebody else's ears? It should be your own, so 'Know Thyself', when you know 'Thyself', everything will work out very well. Out of this only, out of this category of people who know themselves Sahaja Yoga can be built up, not by people who do not know themselves. It's a very-very long subject I could go on on these two subjects but the main thing is we have to be thankful to Christ for bringing this resurrection into play so that we get our discretion. Divine discretion we get. It's such a struggle, such a path He created that we could go through this ordeal very easily which will kill our ego and our conditioning. I am happy Sahaja Yogis will realise it as it is respected within your self, that you have seen your ego and superego so clearly and that you could be above it.

May God bless you all!

SAHASRARA PUJA

Cabella Figure, Italia, 6th May 2001

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

Today, I bow to all the Sahaja Yogis who have found the Truth. There has been, from ages, the seeking for the Truth. And when people discovered that there's no other way but to surrender to the Divine that you can find the truth, they did not know how to do it, how to work it out. There have been seekers all over the world. I went to Turkey and I was amazed there have been lots of Sufis, but their disciples were not Realised Souls. Because the Sufis also did not know how they got their Realisation. Such darkness existed around people who were seeking.

All over the world, I find, when I was a little girl, that they are completely ignorant about how to find the Truth. So many were lost in all kinds of so-called 'religions' and 'rituals'. All kinds of rituals they used to do; morning till evening, some sort of a ritual they would do. Whether they were Hindus, Christians, Muslims, they all believed that by doing all these rituals you will achieve something; that you will know the Truth; that you will get your Self Realisation. All such seekers went to wrong people and to wrong directions because they were really seeking from their heart. So they were very misleading and they were mislead, into such horrible black areas that they did not know what they were

seeking, what they are supposed to seek, what they have to have.

It has been prophesied that when Kali Yuga will come, people will find themselves. There is a story about Nala and Kali; who had taken away (Damayanti) the wife of Nala. So, once Nala caught hold of him, and he said that "Now I'm going to kill you, because you are a very mischievous man, and you have done such a harm to me". So the Kali said "You can kill me, but before that you should know what is my importance, what is my mahatmya. And my importance is that when my time will come - when Kali Yuga will come - then all those people who are seeking the Truth in the jungles, in the hills and dales, in the Himalayas, will become ordinary householders, they'll be householders - they won't be Sanyasis going about-they'll be householders, and they will find the Truth". This has been prophesied long time back, and also there is a book about it, (Nala Purana) as you must have read in the book which says that 'The time has come for people to know themselves'. Every religion has said one thing, that 'You must know yourself'. Islam says the same, Buddha says the same, Christians say the same, Hindus say the same. So, till

then, they go on doing all kinds of acrobats, but they realise that 'We haven't found the Truth'.

So it came to my lot, from my childhood I knew I had to do it. But when I saw the human beings, how much in darkness they were about themselves, how aggressive and how sinful they were! All their style was so cruel that it was unbelievable. That was the time also, I saw Hitler coming up, and our country also was in complete bondage. So the first thing was to make our country free. It was very important. And that's why I took a very, very active role in the movement that was for the freedom of our country; same with my father and mother. But when we got the freedom, somehow, after some time we got lost. People started taking to all kinds of modern things which were wrong, which were so-called 'entertaining'.

With all that, I found that all over the world there was a big seeking force, and some false people took full advantage of it. They went out and made lots and lots of money, and with their falsehood they cursed them - I don't know what they did to them! So many seekers were lost like that. Despite that, I went to America and I was shocked how the things were going on there. But I couldn't help it, because they were so mentally ill-equipped, they could not understand what they have to have, and that you can't pay for the truth.

Then it happened that I had started it after the Sahasrara was broken. And you know the story of how I broke the Sahasrara. And how, from one person, I started giving Realisation. But from America I got very disappointed. I was thinking 'How will it grow? How will it work out?' We had about 25 people who were Realised Souls by then, in India. But they realised what they had got by Realisation. They realised that they had become very good people. They have given up all bad habits, and they were wanting to worship me. I said "No, no. Don't worship me, because people will not understand". But one day they forced me. So on the terrace of our house they came and worshipped me, because somebody had told them that 'She Is the Goddess'. So, what had happened was that after the programme, one maidservant came up, who was possessed. And she came and she started calling me by the name of 'Goddess'. So people said "What are you saying?" She was a woman but talking like a man. So she said "I am telling you the truth, She is the Goddess who has come to save us." Her language was not that of a maidservant, but of a very well-educated Brahmin who would say all Adi-Shankaracharya's strotas. It was very surprising! So they asked her several questions and then she just fainted. So I told them "Just don't listen to her, it's no use". But they would not

agree, and they said "Mother, we have to worship you". So somehow I agreed to that and they got hold of seven Brahmins to do that.

They were afraid because to do that Puja, it is very dangerous and it could harm you if it is not the Truth. But on the contrary, when they were doing the Puja, they got their Realisation! And they just said "Now, this is the Truth!" They felt the cool breeze in their hands. All the symptoms that told about a Realised Soul started. But I didn't want to say everything at that time because there were many others who were saying "I am this.... I am that...".

So I didn't want to expose it all together. But gradually I found that people got attracted and they used to come to my programme. And then the Sahaja Yoga started spreading all over, in a very interesting manner.

So this Sahasrara Day, or the day when the Sahasrara was opened out, is very important. It is very subtle. We just know about the Kundalini, that she is coiled up in three and a half, and she is lying in the triangular bone known as Sacrum. But we don't know what she works. How she works, what happens to us. She rises in six centres and breaks the seventh centre, I should say, she breaks the sixth centre because Ganesha's centre doesn't play any role - so when she breaks the sixth centre,

which is the Sahasrara, then she connects you to the all-pervading power of Divine Love.

But what is this Divine Love? What does this do? It is the energy of the Mother, we can say it is the energy of Adi Shakti, which is all over, works through vibrations. **But what are these vibrations? It is a very subtle energy that starts flowing through your Sahasrara. All the thousand petals of the Sahasrara get slowly enlightened and it starts flowing throughout your body, throughout your hands, feet, throughout your body. And the more you are ... I mean your attention is on the Sahasrara, the more it works faster.**

Now in the science I have read that they have discovered an energy, that they call 'quantum energy'. 'Quantum', I don't know why they call it quantum, because quantum is ... four. So it might be meaning the energy of Ganesha, maybe, I don't know. Because scientists are blind people, I don't know what they call what! So they are saying there is a quantum energy. Now this quantum energy, according to them, flows in a very subtle manner and it is normally not visible, but it has light. You have seen that in so many photographs of mine there is light of all kinds. This energy moves in a light. So this is the quantum energy I think; again, I am not very sure - because I have always found scientists

a little bit vague! But this Quantum energy they are talking about is something like the spiritual energy, the energy of love, which flows around. And this quantum energy, they do not know what it does, but they have seen (that) it has got light. They call it quantum because according to them it flows in bundles, and every bundle is a quanta, according to them.

Now this energy, when it flows, as you have seen yourself, it works. It works in every direction, in every dimension. For example it works physically. Supposing you have some physical ailment, you have seen many people get cured in my presence - just in my presence. I need not do anything to them. Or also, as soon as I see somebody, I know what he is suffering from. That's also, I must say, my connection with the Divine, that tells me what's wrong with that person and what should be done. And it can be cured in no time. Because that also comes to me 'just like that'. I mean, I don't ask any questions, I don't try to find out, I do not analyse, but it just says "Do like this!". It also doesn't 'say', it just does! It just works automatically. It is very difficult to explain how this energy works.

But all of you who have got realisation can also work out your own energies. How? By releasing it, by feeling it, by giving it to others, by experimenting. Of course, Sahaja Yoga has spread because of you only. You

are the people that have brought people to Sahaja Yoga. **But that's not the end of it. We have to save this world. For that at least I feel 40% of the people should get there realisation. Whatever may be there nationality, whatever may be there education, anything. They are to be given self realisation.** In our Indian scriptures it is clearly written: '**Without Atmasakshatkar your life is useless**'. But what is Atmasakshatkar? It's the knowledge about yourself. How can you have that knowledge unless and until you become one with this all pervading power?

So it was a very great thing. I felt that this Sahasrara I could open in 1970. I realised, I was overwhelmed because I knew this is the only trouble, it is the only obstacle that human beings are having - because their Sahasraras are not open, that's why they are going in the darkness, that's why they are having wars, that's why they are having all kinds of problems.

But if their Sahasrara opens and if they become one with the Divine Power, all their problems will be solved, every type of problem will be solved and they will be very happy people. I realised it and I was very happy, I was overjoyed.

But nobody understood me. I don't know, they thought that I must be talking something nonsensical. Nobody understood it, what it is. Because even

in the shastras it's not written about Kundalini so clearly. Only one great saint called Gyaneshwara wrote it in his book in the sixth chapter about the Kundalini. It's not so clear, only he said that with the Kundalini you can get your awakening. Also you sing that song always, I've heard, he says that 'Oh, Kundalini Mother, please be awakened!' But nobody knows what this Kundalini is and why are you singing that song. It was all in our country people used to sing in the village. So clearly, but nobody understood the meaning of it. Just they used to sing as some sort of a bhajan, or could be some sort of a music concert. But nobody knew what it was talking about. It was such a misunderstanding about everything. And all these poets, also, who have written clearly about awakening, about Realisation, everything was just in the books. They would read one line of the book, then stop there. Another person would start another line, then he stops at another point; like that they were just reading. Same thing about all the scriptures. There was big mis-understanding created and was used for the purpose of their own self-interest. That is how we could not get people who understood what was Self Realisation. It was just for some money, or for a certain type of a position to get (that) people started big, big organisations, very big religious organisations - I don't know what to call them - but none of them were Realised Souls.

For example, there was a great saint called Viditama who went to China. And he started a religion called Zen. Zen means dhyana. And he wanted to put Zen in such a manner that people become thoughtless. He made a big tank full of sand with patterns, and put some stones; and he had said that 'You sit on the edge of this pond and just see; but don't think!' But people didn't understand what it was. Normally anybody would go there and say "Oh this looks like some ships in the sea" or all kinds of things. But nobody tried for thoughtless awareness. And I told some of them that 'This is for thoughtless awareness'. They couldn't understand. Then we have also in Japan 'Tao'. He talked about the all pervading power which was Tao. And Lao-Tse was the one who has described saints; how the saints are, how they behave, how they talk, what is their mannerism, everything. But how you become a saint, nobody said! I think throughout, there has been no description how to make a person into a saintly personality.

So also in the twelfth century - Gyaneshwara was in the twelfth century - he talked about it and he said about it in his book everything. Because it was a kind of a style that a Guru should have only one disciple, who should give to one disciple Realisation, not to many. I don't know why, what made them (make) such a law, or a rule. And then it started in the twelfth century, there were many saints who sang the praise of Realisation. And all of them

thought that these rituals are no good, so they discarded rituals and this.

But what was the thing that had to happen, nobody knew. I have read all their lives, I have read afterwards also many saints who were there, but it seems nobody knew how to raise the Kundalini. This was the basic problem - they didn't know how to raise the Kundalini. While I think they didn't have that power, or maybe they had no knowledge. They talked about Kundalini, alright, but they did not know how to raise the Kundalini.

This is a very special power of spirituality! None of them have been able to say or tell you how to raise the Kundalini. Now you all have got this power, which is such a rare thing. All of you have got it. I don't see anybody who doesn't have that power to raise the Kundalini. You may not, you may be contented with yourself, but that's not a very good thing. If you have got your Sahasrara opened out, and if you know how to raise the Kundalini, you must go all out to give Realisation to people. Nothing is going to benefit people more than Self Realisation. No use doing other charities, giving money, giving this - is of no use. Best thing is to go all out to see people who want their Realisation and to give them Realisation.

I was very happy to see that they have started working it out on the gypsies. I

have a special feeling for gypsies. For no fault of theirs, they are leading a very miserable life. And how the gypsies got Realisation! You can see that you can give it to anyone who wants to have it. One thing is there, you cannot force it on. If they have a desire, a pure desire, they can get Self Realisation.

So this day, I have to just say (that) now so many years have past, I have worked quite hard, day and night, and my only desire was that you people should take it seriously and work it out. **Don't keep your Realisation to yourself! As many people as you can give Realisation to, the greatest obligation will be on Me, and on God Almighty. Only thing is you should try to give Realisation to others. You will never make a mistake. You can never make a mistake because the Kundalini knows. She knows you, she knows you are a Realised Soul. She'll respect you. Even if you make mistakes, she'll correct it and she'll help you - in every way.**

I'm just a - I should say - a housewife who had no support from anyone. But I was sure that it was my job to find out how to break the Sahasrara. What ever way it is - outside doesn't matter - my job was to find out the breaking of Sahasrara, which I did. Now you also know that! So this is your job. And the scientists now will be coming round you to ask you questions because they don't

know (that) what they are talking about is what we are already doing. So, you are so powerful all of you. But how many of you are really doing this work, is the point.

Today is a very important day. I want to tell you that you have to strengthen my hands. They say the Goddess has one thousand hands, but even the one thousand hands are now asking that you come along with your two hands and work it out. It is very important what you have to do. All kinds of problems in this world - they come because of ignorance, take it politics, take it any problem. And how it is solved is also is your power with the Divine.

I will give you one simple example. The Turkish people came and were begging of me 'Mother you should come, you should not postpone (your visit)' and my passport was a problem, I said "My passport is not ready, how will I come?" But then I thought, "Why not? We'll have the passport also done!" So passport was ready. And they wanted me to go to Turkey because they said "The financial condition has gone down very much, the economy has gone down absolutely - we are ruined". I went there, I didn't do anything about it; within two days they announced ten million dollar help from the World Bank.

Now I didn't talk to the World Bank, I have nothing to do with them. I don't

know. Then I said "No, maybe, you see, they are helping because you people are in such trouble." They said "But so many countries are, why have they helped us only?" I said "That's the point!"

So now, I was surprised in Turkey there are only ladies, mostly, who are leaders, mostly, and they have done such a big job. Now, I want to see what you people are doing in your country. You may say that 'In my country the people are hopelessly bad'. Maybe, I don't say no. But, still there are places, there are pockets where you can go to talk to them, tell them - especially the media you must handle. It is something you have to do; and find out why you can't do it. Like me, I was not supported by anybody, not helped by anybody, and how I managed to break the Sahasrara? You can also break the Sahasraras of others.

It is not difficult, because my vision is that 'This world at least should have forty percent people who are Realised Souls and who are practising Sahaja Yoga, who are giving Realisation to people and trying to change the world. Anybody you can go and tell, anybody. There's no need to discriminate or to find out or to sit down with their ... I mean people take sometimes the copy of their education and this - that's not needed. Who-so-ever it is. I'm not saying to give it to dogs, or to animals, but to human beings (She laughs). They may

be anything; they may be English, or they could be Germans, they could be Italians, anywhere. I am told also (that) some people are doing lots of seminars and working very hard, on all levels, and it is working out. Among Muslims also we have also started working.

And even in India it has worked. You don't know, people have not lost all their heads. So it can work out. Don't be very much disappointed and upset about it. Gradually it will improve.

I think the greatest enemy of our Self Realisation is the drinking. Drinking, if people take to drinking, they become such slaves; their brains are not alright. So I think at Sahasrara (they) must be also spoilt with drinking. So drinking I think is the worst enemy. And if you could find anybody drinking, if you could help that man to give up drinking itself, it will work out. Of course we have other enemies also, like false gurus are there. Also we have other enemies who are having some sort of religious

manipulations. But that's not so important. If you can get hold of people who are drinking, I tell you it will change. And they will now understand that what they have been doing so far, drinking, running away - now they will come to the fields and they'll work out Sahaja Yoga.

So you are like very gentle soldiers of Love, and that's what you have to spread and talk to others, give them that joy that you have. Not to be satisfied if you have got it only, or few of you have it. You have to spread it very fast, and you can do it. Because it doesn't require money, it doesn't require any show. It is just inside, it works. It is already there, it is present there, everybody has it. I know all that.

Of course I knew it, but now you also know it: so you should work it out, and work it out in a manner that I am sure one day this world will be a changed place. Thank you very much.

May God bless you.

BUDDHA PUJA

Barcelone, Spain: 20-5-1989

Pravachana of Her Holiness Mataji Shri Nirmala Devi

So today we have gathered here to worship Buddha. Lord Buddha, as you know, was Gautama, the one who was born in a royal family. And then he became an ascetic, because he was very much hurt to see three types of problems from which human beings suffered. And he came to the conclusion that all these three types of problems are because we have desires. So he said that **if you become desireless, then there will be no problem for you.** So he studied the Vedas, he studied the Upanishads, he studied all kind of things, he went to many saints and many people; but he could not get his realization. Actually he was an incarnation. An incarnation also has to reach a point of realization in a different way. Like the whole potential has to open out, but the incarnation has a tremendous potential and that expresses itself, once the door is opened outward.

Buddha realized the greatest problem of human beings is his 'Ego'. In his 'Ego' he goes to the extremes, from one end to another and so he worked throughout on the Pingala Nadi for us and stationed himself on our ego to control it. If you see on the agnya chakra, if in the center is Christ, we have on the left Buddha and on the right is Mahavira. All of them are called as Lords because they are rulers

of these three areas. Now this area of agnya is the area of Tapas, is of penance because they have done penance for us. We don't have to do any penance because they have done for us, everything that is possible. That is how the Sahaja Yogis don't have to do any penance, they are in a beautiful place, having the nice vibrations. They don't have to go in the jungles, run away from the society and hide themselves in a place where there could be scorpions could be snakes, could be tigers, could be any danger to life. So the penance part is over and also Buddha in his lifetime, when he was alive, all the time he said, there is no need to have any austerities. There is no need to have any austerities at all.

If you read Buddha, his early teachings, then you will be surprised that he said there should be no austerities. He himself went through austerities, but that was the time, was the time where they needed people who would go all out to do the propagation of his ideas. So most of them took to a kind of a life, but he never believed in any austerities. **Moreover he was not a vegetarian.** He died because once he went to a village and he was hungry and he asked one of the hunters, we call them as "giratas", that: "I would like to eat now and I have

to go for my work." They said that: "This morning I have killed a wild boar, but it must take some time otherwise it is very hot blood." He said: "It does not matter." This is significant-the right side to take the red meat of a wild boar without getting it cooled down. He ate it and he died doing that. Everything that they do has a meaning. As we find meaning in the life of Christ, we find the meaning in the life of Buddha also. That is the reason why the Buddhists became vegetarians, because Buddha died, eating that hot meat; they became vegetarians. But that doesn't mean that everybody has to become a vegetarian. **Those who have ego, it is better they are vegetarians. Rightsided people are better with the vegetarian food more and the leftside more with the proteins, that we know very well.**

So he tried to control the people who were with him in a way which was very loving and affectionate. But what was the essence of his message; it is to be understood. There was one boy who came to him and asked him that: "Sir, will you initiate me into Buddhism?", It was no "ism" at that time, "Will you initiate me?" He said: "My child, only the Brahmins can be initiated (meaning the realized souls). What is your birth?" He said: "Sir, I don't know my birth." So he went back to his mother and asked "What is my birth, mother? Who was my father?" She said: My child, I was a very poor woman and I did not know how to

exist, so I had many lords I lived with, and I don't know who is your father." "You don't know who is my father?" She said: "No." So he went to Buddha and the Lord asked him: "Now, who is your father? What is your caste?" He said: "Sir, I have no caste, because my mother told me that she had many lords and she does not know from whom I am born, so I don't know my father." So Buddha embraced him and said: "You are the brahmin because you have told the truth."

So the essence of his life is "Truth". First we have to be honest to ourselves, and I find some people who find it very difficult to be honest to themselves. They know how to escape the truth. They know how to manage. To get out of it, they'll give some arguments, or they'll give some explanations. **Whom are you giving explanations? To yourself only! Your Spirit is residing within you, which is enlightened in your attention and now, whom are you explaining? To your own Spirit? So the message of Christ may be that we have to resurrect ourselves, but what about resurrection? That you have to be very honest to yourself first.** First and foremost thing is to know that your caste is Brahmin, that you know the Brahma, you know the all pervading power, you have felt it. You are the real Brahmins and as the real brahmins, you have to be smart. I mean in India, say, we have a brahmin, they may not be real brahmins but born in a brahmin family.

Their forefathers might have been brahmins or something like that. They call themselves brahmins, alright. So what is their speciality? At four 'o' clock they'll get up, all the brahmins. That is how you can make out a brahmin. I am also a brahmin that way. Then they will have their bath, clean themselves completely and sit down for prayers or Pujas or meditation. That is how you make out a brahmin. Though they are no brahmins, but in the tradition.

While say a "Shudra", in India, he will get up at nine o'clock, in tradition, wear dirty clothes, put his hands in his mouth, will be a lousy fellow, surrounded by rubbish. He can not even feel the smell of the filth! Because they have been doing that kind of work traditionally. They are not! There are many brahmins, we have found out now, who were really born in "Shudra" family. So actually in the "Shudra" families as such, it is not by their birth, it is by aptitude, by their Jati, they are brahmins. But traditionally it is accepted in their society. Their hair will be dishevelled, you can immediately make out, no oil in the hair, first point. No oil in the hair, hair are all dishevelled.

Secondly they are not bothered about sexlife. And amounting to the rakshasas. It is only the rakshasas who get interested in other's women, look at women and all that. Actually according to the Puranas, I am sorry to say, it is a quality of rakshasas. Because when

there was the churning, Sagar Manthan took place, and amruta, the ambrosia came out of the sea. Shri Vishnu knew the weakness of the rakshasas. They had taken the Kumbha, the pitcher of the ambrosia, by force. The rakshasas, because they were more powerful, more egoistical, they're good at cunning, so they managed with the Devas and took away the ambrosia. And they were about to drink it. So Shri Vishnu knew the weakness of rakshasas. So he dressed up like a lady, Mohini. He called himself Mohini. Mohini means the one which attracts you by her dress, figure and all kind of nonsense. And immediately all the rakshasas fell for her, for him I mean. Immediately! I mean, you could make out between the Devas and the rakshasas. But say in Greece, they have made Devas into rakshasas to solve their problem. And as soon as he discovered that one of them had taken something, it is said so in the mythology, he went and giggled at him and tried to tickle him. The rakshasa way: a proud Asura and a beautiful woman coming in and tickling him! Oh! As stupid as he was, he felt so tickled that he vomited out and they say that garlic was born out of that ambrosia, mythologically.

So when I see people in Sahaja Yoga, not being honest to themselves, the first thing they must know: ego is a very, very cunning stuff. But also it makes you a slave of another ego. See now for example: a lady would go to these beauty

shops, dress up herself, wear this, do all that. I don't know what they do, but they come out of it after three, four hours and look the same to me. I don't know how much money they empty out but it is something surprising that the hair this time is cut in a different way. So you ask, why did you cut it this way now? That is the fashion! That means you don't have your own ideas, you don't have your own concept, whatever is the fashion, you just do it. You don't understand also that this is good for you or not. So the ego gets dominated. Supposing there is an entrepreneur, say, very clever and cunning, more than anybody else, supposing, and there are many like that of course. Now he says that you can put a jamtin on your head and tie up your hair like this, and you'll look very fine. And he puts up lots of advertisement: all his jamtins can be sold! Without thinking they will use jamtins! It means you have no personality of your own!

What is the ego? Ego should give you a personality, a character, a temperament. And when you see them, you cannot make them out, like sick people you know. As you can not make out one sick from another because they all wear beard and mustaches. You can't make out from one lady to another, because everybody has the same hairstyle, the same clothes, everything the same because it is a fashion. Who has started the fashion? Some very cunning fellow that wants to make

money! In India we get a kind of a Dalia, it is a kind of a basket, a small little basket. It suddenly disappeared from the market, we did not know where it had gone? I mean it is impossible, what can you do with it? It is a very simple thing. It was all in America, why? The women are using them for their hair. I said, how? What did they have all become bald? You will become bald, no doubt, if you don't put oil, I'm telling you now, you will become bald! So we are austere people, we cannot put oil you know. But then we become bald, we automatically can join any Buddhist organisation. Nicely, you don't have to shave. So they say that we have become bald now, so we have to have something, so they put those baskets, and on top of that they put what you call them, wigs. Wonderful! But why? Why didn't you put it on the head? No you must have a nice pluffy hair you see. For what? But that is the fashion! So one day, one lady was talking to me, her basket fell down and came down also the wig. And that is how I discovered!

So what is this, is to understand that if you have your ego really, in the real way, you should have your own personality, your character, your understanding, your speciality, your temperament. What did Buddha do? He said get rid of everything, your hair, even your eyelashes, anything that can be shaved off, hands, feet, everything shaved off. Imagine if we were following Buddhism, what would have happened

to us. And he said, alright, just wear a garua, means saffron clothes. Go off with the saffron clothes, with everything shaved. And the ladies could wear only two dresses. One was the blouse, one was the sari, no pettycoats, nothing. Whether you are queen or whether you are a sweepress. All of them should look alike. So no fashion anymore. But Buddhists are the greatest fashionable people you could ever think of. If you go to Japan, you will go mad if you see their fashions. It is so artificial. I don't know where is Buddhism gone, where Buddha always praised people who are natural! All Buddhism is lost like this into a kind of a wilderness.

Another thing: the rightsided people have a problem. Because if you become too rightsided, you neglect the left side, neglect your Mooladhara. Because, you say, what's wrong? What's wrong? Till you get Aids nothing was wrong, now something is wrong. Till you get cancer, what's wrong in smoking? What's wrong? They advertise, even in India, that you look really great if you have a cigar in your hand, or a cigarette in your hand. You look like a chimney, but, alright. So they pamper your ego by telling all these things and you are doing it. And in that doing you just forget that you are a stupid fool. We are going to lose all our beauty if we listen to all these cunning people who are entrepreneurs, take it from me. We had Mona Lisa, these days you don't find her, anywhere,

no! You have mosquitos, horrible! They think they are very beautiful, they don't emit any vibrations, from any angle of esthetics they are not beautiful! And by the time they are forty years, they look at least eighty.

So what has happened, is that we have played into the hands of our ego and our Mooladhara is lost. Mooladhara is the brake, it is like the brake. The right side is the accelerator and the left, which is the Mooladhara, is the brake. What's wrong? That is why Buddha preached Brahmacharya, celibacy. Because if you go too much to the right side, now there are many complications. I can hear them from many people, that those who are overactive, can't produce children. First: what's wrong. Then complete dryness. They cannot have children. And if they have children by chance, it may turn out to be rakshasas only. So too much asceticism can take you too much to the right. That is why Buddha said, no asceticism is needed. He said it, though he had people around him, whom he looked after, saw to it that they were celibate people, and he is the one who gave them balance and managed them.

So once you start going on the right side, you end up automatically like a cabbage. Automatically you can not produce children, you can not live long, like taking cocaine, you can say. You speed up very much, you become very speedy. When you have to really live with

them it is so difficult. Very difficult, because they move at the speed of a jet, and I move at the speed of an elephant. I just look at them going, going coming. I don't know how to relate. So to curb this ego we have to worship Buddha. We have to worship Buddha. But the first principle is to respect your chastity. **To respect Buddha, means to respect your chastity.** You don't have to give up your wife as you have done, unless and until they are horrid. You don't have to give up your husbands. All of them were without wives. Buddha had a wife, he gave her up. Mahavira had no wife, Christ was never married. But in Sahaja Yoga you do marry; you have children, no doubt. And as we were saying that with ego we become in a way very much involved into ourselves. So we can say **there are three types of people in this world: one who are not bothered about others, second who bother for others only, and the third who bother for themselves only.**

So the first message of Buddha is honesty to yourself and the first area where one has to see the honesty is in your chastity. You can marry, you can have a wife, you can have a husband, you can have children. So this ego which was first there, creates one type of a person: the person who is just involved into himself, his ambition, his projects, his jobs, his wife at the most, or his children, his house, his car, may be his house, may be his dog. At the most, if

he could extend, otherwise if you tell such a person, "Oh I'm rather, say, worried about someone." That person will tell you, see, you have done your duty, now if that person does not want to do it, why should you worry? You should be happy. But how can I be happy? I'm not your type. And such a person also will say that this is my house, so why should I worry about anybody else who has no house. This is my room, this is my carpet. Anybody who comes in my house: oh, sit there, put that there. Such a horribly harsh person. My and mine, my and mine goes on working.

And this ego then spreads more and more and more and then I believe in an ideology like Hitler did. He must have been hurt by some Jews, might have been. So that hurt, he was completely built into a big horrible prison by his ego and he wanted to kill every Jew. So this kind of a person that is, is so involved into himself: I, me, mine and I am the best. Everybody is a stupid fool, I am the most intelligent. And the cleverest, I know everything. Like a saint I was coming by the road and I saw a Daku, so I ran up to the tree and hid myself, what a great person I am! Then the Daku came and he threatened me, so I gave away everything to him, what a great person I am! Then the Daku came and he took away my wife, what a great person I am! Self certificate. And he is very happy. Everybody is tired of such a person. Everybody is unhappy of such a

person, no one likes. If such a person is coming from this side, most of them will run away, oh he's coming. We have in India some people of that kind, in every city; well known, well known, everybody knows them. So now in the morning the people go out for a walk in the garden and they see such a person. O God, today we will not have our food. I said why? Most inauspicious person we met today was this one, this one, this one. But he is walking like this: what's wrong? No one likes such a person. You may think no end of yourself, no one likes you. Countries after countries there have been people, such a collective nonsensitivities.

Sometimes when you see how so many people were killed in America, by the same Spanish people who are today Sahaja Yogis, I can't believe that you are the children of the same Spanish, I mean you are so different, so beautiful. So what was it that made them so cruel? That ego, that ego that built up in them, that they could not see that these are human beings we are killing. We have aggressed their country, we are here, we are killing them. We have no right to be there. Same with the Portugese, they all disappeared into Brazil while they belong to Portugal and in Portugal ther are only five percent people left. They are not bothered about Portugal which is very very poor, same thing with the Spanish, those who went to America: so what! We won our own America, we are here, we

have done this, we have done that, we have killed so many people, the Spanish have not killed anyone, so why look after the Spanish? And this is how their ego brought forth such a destruction.

When I went to Columbia the first time, I don't know one gentleman knew about me, he asked: "Mother, are you the one who is known to be a spiritual leader?" I said: "Yes, I am. So what?" He met me in a party, I was surprised he called me Mother. So he said: "Can you bless our country with something that we can outwit these Americans? Let there be something from the nature. We have got wheat, we produce wheat here and these people want to buy it at such a low price, that we can't even maintain our families. It is such a low price that we cannot really economically do it. We starve ourselves and sell this wheat to them. So now in Columbia, that shanty town of Columbia, Bogota, now has become the most developed one. They all travel by first class and Americans are taking cocaine and washing their feet: this is the reward of the ego. You have to pay the dividend, you have to pay for your ego, and very severely: try any tricks with your ego, it boomerangs back. Of course in Sahaja Yoga it is the worst, it is the worst. I am frightened to see somebody riding a horse.

I must also mention another type of people that there are those who are

leftsided, they are always complaining. I have got a headache, I have got a pain here, I have got a pain there, I have got this, all kinds of diseases they will have. Like I read a book of Jerome, that one fellow read, I hope you people are not in a hurry, (Laughs) so he had described that one fellow that went to a doctor and he said: "Sir, I have all the diseases that are described in the Materia Medica except for one, that is the housewife's knee." He said: "How is it you don't have that?" He said: "Because I am not a housewife." So he said: "How did you get all these diseases and how do you know?" He said: "Because I read Materia Medica and I found all these diseases are with me." He said: "Alright, I'll give a medicine but just now you don't take it. You have to go out from here, about five miles and there you can take it." So he took the medicine in a piece of paper. He went there and he opened it one after another and he found no medicine. But the last paper was there, on that it was written: "You stupid fool, don't read Materia Medica, nothing is wrong with you."

So the complaining people are another one and they are really bhoothish sometimes, they are very troublesome. If you just say how do you do, if I by mistake say, then there is a list of things. Oh God, why did I say such a thing to this person? There is a list of things, one after another this happened this morning, this happened this evening, this

happened, that happened, everything happens to them. And the food was so bad and they treated me so badly and the Sahaja Yogis have been so bad and they didn't take me there and they troubled me so much and I was left alone, nobody bothered about me and they are very cruel to me and this leader is very harsh to me, he does not treat me well and this and please remove this leader and he did this. What did he do? He didn't allow me to take water. Why? Why will he not allow you to take water? Something stupid like that built in.

Sometimes I feel, where are those great saints lost? Who were the third kind of people who did not care for themselves and who were not involved in them selves, but they were involved in others, were bothered about others. What is the trouble of another person? What is the trouble our leader is having? How am I behaving towards the leader, what am I doing to him? Am I of any help to him? Have I given realization to anyone? Have I given any money to him? Am I sensible or I trouble him all the time and then I go on complaining to Mother? These people can never be satisfied. One is oversatisfied, another one is never satisfied. And the one who is in the center is least bothered to find out whether he is satisfied or not satisfied, he just wants to see the satisfaction of others. And that is what is to be seen in Buddha's life, how he was and how he respected.

So the people who today are worshipping Buddha should know that his message of truth, which we know through our right side, through our attention, must be applied to ourselves first of all. People will tell me: "Mother, his vibrations are not alright. This house has no good vibrations, that has no good vibrations." And the fellow himself is shaking before Me you know. Like this. I said: "So what about your vibrations?" "Oh I am getting too much!" But I am also getting too much, so please. The problem with Sahaja Yogis sometimes is that they don't know the importance of what they are. They are not aware if their ego was correct. In that ahamkara, ego, essence of it is Ahambhava, is that I am a Sahaja Yogi. Now keep the point of honesty with it. Honestly I am a Sahaja Yogi and I am a follower of a religion which is Universal Religion which is innately being myself, there is no hanky panky about it. It is my experience and I believe in it fully. And it is innately within myself, this is the Ahambhava. I don't know what in English language this could be. Highness. Then I am on this earth now, this life is for the work of **God**. **And for that I have to be pure, I have to achieve my purity through meditation, through every way, watching myself, I have to be a pure person. And if I am a Sahaja Yogi, if I am united to that all pervading power of love, I should be the medium to give that love to others, and compassion, I have no time for other**

things. Other things are of no value. My attention has to be pure, my life has to be pure.

I say one thing, do another thing, I cheat myself morning till evening. Then I have no highness, I have no selfrespect. If it is possible, why not manage something free? Say, if Mother has a house, let us go and have a nice time there. After all it is Nirmala House, so we can have somethings free, no self-respect. Let us save some money if possible here and there, no self-respect. There are people I know, of that kind. Supposing we come for two days to Ganapatipule: Mother will you charge us for one day? Very common, who is going to pay? I have to pay, at least for my food, for my stay. I have to pay. It is not like in Buddha's time where they had to give up their whole kingdom, everything to Dhammam, every pie, everything that they had, even their hair I think. Everything to Dhammam and just come absolutely bare. No children, no wife, no father, nothing. That was Buddhism, that was Buddha's style. He had his disciples like this and they used to walk miles together to preach from one place to another, thousands. What an impression it must be on people when they see all this!

Today's Puja is very important because I feel Western countries have gone off their ego And they need Buddha very much. And they like also this so

called Buddhism very much, because they can then just hide behind that camouflage. We are Buddhists you see. They will worry about Afganistan, and they will worry about Lama, they will worry about all other people because you see, we are Buddhists. But there is no truth in it. No truth. Sahaja Yogis have to establish that truth, that dedication.

So Buddha has said: "Buddham sharanam gachhami." I bow to those who are realized souls. "Dhammam sharanam gachhami." I bow myself to my Dharma, that is Vishwa Nirmala Dharma. And then last thing is: "Sangham sharanam gachhami." I bow to collectivity. In these three things he has solved the problems of all three types of people if you see that. First is the Buddham, the one who is a realized soul. All the realized souls are to be respected, to be surrendered to. I find one Sahaja Yogi talking about another Sahaja Yogi in a very funny manner for nothing at all. No respect. Buddham sharanam gachhami: I surrender myself to all the Buddhas. Now there are eight I counted, but we have so many, all Buddhas sitting here. Those who have known, those who are gnostics, who are Widhnas are sitting here before Me. So I surrender myself to them. As he says Buddham sharanam gachhami, we must respect every Sahaja Yogi, whether he is from a white race, from a black race or a blue race, whether he is from Spain or from Italy or from India or from any

place, whether he is from Jew religion, or from Islamic religion or any religion whatsoever; whether he is a legitimate child or illegitimate, whether he comes from aristocratic or a rich or royal family or from the poorest of poor, whether he has money or no money, whether he is unwell or he is alright, whether he had a very bad past, everything has to be forgotten, the past. They are all Buddhas and all the Buddhas must be respected and surrendered to, to their wishes. When I surrender to your wishes all the time I become now a sort of desireless, that I have to tell you that you'd better desire otherwise I am useless. I have no desire, as if My power of desire has gone into your heads and I have nothing left, so you have to desire.

Then the Dhammam sharanam gachhami, is very important. What have we done for Vishwa Nirmala Dharma? Whatever needed for Vishwa Nirmala Dharma, whether it is money, whether it is your house, any possession, whether it is labour, any kind of labour. I see some people will do any kind of work and some people will never do it, whatever it is. So we should really have a shramdaan. For example one day all the leaders must sweep, second day all the ladies must sweep or do something, so that you have full idea that how to respect each other. Also when you start doing something, then you really have respect.

It is very easy to criticise, very easy to criticise others. I have seen people

who cannot write two lines, can criticise Shakespeare, can criticise Tukarama, can criticise Gyaneshwara. Two lines of poetry you can't write, what are you criticising? They can't paint even with one colour, are criticising this, criticising that. I mean, how can they criticise anybody? The one who has given no realization to anyone, done nothing, he is criticising the leaders but they have given realization to so many people! How many people you have given realization? Please do a little bit of this like that person, then you can criticise. Everything is done through criticism. I think that is the worst thing we can do to ourselves, because criticism only is the very depraved ego which takes you. There is no Ahambhava, there is no highness. All right? He has written such beautiful poetry, I'll also write. It is written but there is something that is not correct. Better you write first two sentences like that. Mother his English is alright, but still... What about your English, or your Spanish? Do you know the Spanish language? Then? If he does not know English, why should you criticise? **So the criticism part has killed all art as I have told you killed everything, killed all our creativity, killed our personality, we are all the time shaking.** Nobody is going to be there like Rembrand or like Michael Angelo, nobody. Because, you make anything, Criticism.

In Australia they made a very beautiful, I must say, very sweet things

they made, like I can call the ship, with built in there for their opera. Even till today they are criticising it. And whenever they have to give any picture of Australia, they give that picture. It is like the queen Mary Antoinette and if you have to go and see anything beautiful, you have to go and see her palace. Criticism is alright if you are an expert and a master. Alright? A master has a right of course. But you, you haven't even the slightest of that art. How can you criticise. So this depravity of the ego you can see in the life of Buddha who was light, who was enlightenment, who was compassion, who was knowledge, who was joy. In his life, you see, he never criticised anyone. He left it to me, this horrible job, of criticising all the bhoots and rakshasas and devils. He just took a easy-gear course: why to fight them all, leave it alone. I wish I could do that but I could not. I tried, first three years I tried but you just can't help it, you have to fight it all. But you don't criticise each other. I feel very hurt myself, as if my one hand is criticising another.

I can go on talking about Buddha for days together, there is no end to it. He is the one who has brought us so many beautiful things by his own life and if we have to really imbibe his spirit within ourselves, we have to have that detachment, from within. Every religion is ruined by the followers. Buddha who said, don't worship, even, don't talk of God, he said don't talk of God, just talk

of selfrealization, first let them have selfrealization. And don't worship anything, he said just don't worship, because he knew there was nothing to be worshipped. But they have got stupas and they worship this, and they worship that and they worship this, there is no end to it. They said these are the teeth of Buddha. I mean how can you have the teeth of Buddha? When Buddha died, do you mean they took out his teeth or what? This is Buddha's teeth, they are worshipping! There is no vibrations, I saw it, it was not there. I can understand hair and nails, but his teeth are everywhere being worshipped!

I know My Sahaja Yogis can not spoil much of Sahaja Yoga. If they do, they will lose their vibrations. So be careful on that. But with ego I have seen people even they loose their chetna "No, I'm alright! NO I'm getting

all the vibrations, no I'm alright." And here is such a big lie! **Befooling yourself is the job of ego.** So be careful: I'm alright, nothing wrong with me.

On today's great occasion, let us think of the hazardous time he had and the way he has created for us this Sahaja Yoga, that we are bathing in the light of their compassion, their hard work, their dedication, their sacrifices, all that. The truth is going to make us beautiful.

May God bless you all.

I'm just thinking all these beautiful things for you. Buddha never had them. He never had any comforts. So now we have to show that we are worthy, that is the word he used.... Pravidhan, the worthy, are you worthy of Sahaja Yoga? We have to be worthy of Sahaja Yoga.

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Delhi - 110034

Ph. : (011) 7013464

Please send your experiences, miracle photographs and artwork to:

THE DIVINE COOL BREEZE

C/o Sahaja Yoga Temple

C - 17, Qutub Institutional Area

New Delhi - 110016

