

YUVADRISHTI

An offering by the Yuva Shakti at the lotus feet of our Divine Mother

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भारत योग भूमी है

प.पू. श्रीमाताजी निमला देवी

॥ Jai Shri Mataji ॥

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The essence of life is fragrance of Love
This New Year, lets spread the message of Love
Merry Christmas & Happy New Year
to all our Brothers and Sisters





NAVARATRI PUJA

LOUTRAKI, GREECE, 21.10.2001

Today we have gathered here to do the Devi Puja. This Puja was performed many a times and the Devi was requested by the Devas to save them from the tyranny of devilish people. Today I feel the same way, that we are now in the grip of a funny situation; that there are people who are themselves devils, I think, - and also (people who are) mesmerised by them - who are trying to do something which they should never have done. But they don't know that there is a climax of everything. And that point has arrived where all the good people, especially the Sahaja Yogis should put all their mind to the destruction of these horrible personalities like Mahishasura.

In those days, it was very simple because devils came as devils and you could see them, that they are devils, and all their behaviour proved that they were devils. Why they did it? Why were they cruel? Because so called 'human beings' as they are - they are not - they are by nature devilish and they want to do something by which they can destroy human beings, and good human beings.

It is evident that the time has come for them to be destroyed.

In no way I could be against Islam or ever to criticise Mohammed Saab. He was divine, no doubt, and tried to do divine work. But out of that divine work these stupid people have come up who accept those devilish people. You will be amazed to know that in Islam there are seventy-four groups! They say "We follow one religion" - but they do not. Out of these, some of them are really evil people, and they call themselves by the name as Devbandhis because this is a place in India, and also they are called as Wahabees.

I have been knowing them since long because in our household, in my father's household, we had lots of Muslim people working as cooks, as drivers, as other servants. And these Wahabees are very interesting people because they don't believe even in Mohammed Saab. So if you tell them that Mohammed Saab has said such-and-such a thing, they say "No, we don't believe in Mohammed Saab". "So, in whom do you believe?" "We believe in Allah!" "Have you met Allah? Have you seen him, that you are believing in Him?" But in their whole behaviour it was cruelty which was innately built, very cruel; and whenever my father saw that, he asked them to get out. Because (they) always had sinister practices by which they used to treat others.

I never knew that it will come up to that stage. And mostly they were from Afghanistan, can you imagine, mostly. Of course they tortured other Afghanis also; and where-ever they went they had a speciality that they could be very cruel. Not all Afghanis, no, not at all, but some of them. And they came to India from Afghanistan and we have different types of Afghanis. Some were very loving, kind, helpful, very nice people. And some of them were very cruel. First we didn't understand what is this. But because my father was a scholar and scholar of Islam, he told us "These are not Islamic. They call themselves Wahabees and they are not Islamic". I can see that today, so clearly.

Not that in other religions or in other groups there are not bad people. But these Wahabees were secretly working out different groups. They are not many. And that's what my father had told me that "One day they will become very explosive and they might try to completely ruin



the world". At first I couldn't understand, because, after all, they looked like human beings only. But he says, he told me, "They are absolutely camouflaged, and once they start their cruelty you will not know what to do."

We had one invader in our country called as

Mohammed Shah Dali. He was a very, very cruel man, very cruel, and he used to even kill the muslims because his concept was that you should not worship Mohammed Saab because Mohammed Saab said that "I am not Divine". I also used to say the same, to save from the stupid people. For years I used to say "I am not Divine", but when they felt My vibrations and all that, they believed. But those who believed in Mohammed Saab were never understood by these people. Very, very cruel, and because they don't even believe in Mohammed Saab you cannot argue with them on any point; you cannot argue with them what is written in the Koran because you (they) don't believe in Koran, you don't believe in Mohammed Saab, you believe in Allah. God knows from where do they have connections!

But gradually it was surprising that they could mesmerise - as we have horrible gurus who come as gurus and they mesmerise. You have seen them, people being mesmerised. So many are being exposed and so many are going to be exposed. But mostly they were people who were interested in money, in getting lots of money, somehow, in the name of religion. But at that time, people didn't see their cruel methods and their cruelties.

This cruelty started growing and you know we have been to Nizamudhin aulia. In that place only I discovered there's a Madharsa -

'Madharsa' means a 'school'. And in that school they used to admit small children. And it was so well planned that God doesn't know - I mean I can't say, that there were 120 Madharsas only in Delhi! Now nobody knew what they are teaching there, what they are mesmerising, how they are doing this. It so happened once I went to this place, Nizamudhin, and there I found people singing songs and all that. And I found in them a real feeling for love. They felt My love, very much, all of them, and they started coming to Sahaja Yoga. But I didn't know there was a Madharsa in that place. I asked them "Why is it, here the vibrations, Nizamudhin was an aulia, and how is that the place doesn't have good vibrations?" In between I used to get very bad vibrations. So they told me "Mother, there is a Madharsa".

Now look at the evil, how it works. Normally, evil used to work like this, that it would go and form some groups, some wars, and kill people. They were few people, but they had cruelty as their religion. Which ever way they lived, they wanted to be cruel. In those Madharsas only, they had people who used to tell them how to be cruel, how to hate. So 'education in hatred' started. And that education of hatred was very well woven through these Madharsas, all over the world.

Now, as you know, Pakistan and India were always fighting. But this time Pakistanis realised that 'If we fight with India in that way we will be called as terrorists'. So they said "No, we will have no terrorism in our country". But they are the ones stupidly - this new fellow (President Musharraf) - had sent about 65 scholars, ambassadors, to Afghanistan to study in those Madharsas, how to become cruel - can you imagine! To teach hatred! Of course there are many Muslims who are not; but if you do not respect Mohammed Saab and you are supposed to be a Muslim, what will come out of you? So, all these wrong ideas grew up and Islam got divided into many groups.

वन्दे मातरम्

‘वन्दे मातरम्’- ये वे शब्द है जो एक समय देश के बच्चे-बच्चे के जबान पर हुआ करते थे, ये वे शब्द है जो देश के कोने-कोने में गूँजते थे, ये वे शब्द है जो पूरे भारत वर्ष को ताकत, हिम्मत व हौसला देते थे। वन्देमातरम् ने पूरे भारत उपमहाद्वीप को एक सूत्र में बाँधा हुआ था। वन्दे मातरम् पुकारते हुये हजारों कान्तिकारी वीर फौसी के तख्ते पर हँसते हुये गये और न जाने कितने लाखों इसी वन्देमातरम् का नारा लगाते हुये गोलियाँ खाकर शहीद हो गये। न जाने कितने घर बरबाद हो गये, न जाने कितनी माँओं ने अपने बच्चे खोये और न जाने कितनी बहनों ने अपने भाई, न जाने कितनी औरतों ने अपने सुहाग। पर किसी की आँख से आँसू का एक कतरा तक न निकला। निकली तो सिर्फ एक गूँज, एक गड़गड़ाहट, एकजुट आवाज़ जो थी - वन्देमातरम्। आइये हम सब इस महान गीत का अर्थ समझने की कोशिश करें।

वन्दे मातरम् सुजालाम् सुफलाम्,
मलयज शीतलाम् शय्य श्यामलाम् मातरम् वन्दे
मातरम्॥

हे भारत माता हम सब आपकी वन्दना करते हैं। भारत माता को शत शत नमन। हमारी माँ महिमामयी है, वे मधुर शीतल जल की पवित्र नदियों एवं जलस्रोतों से पोषित है। रस भरे मीठे फलों से लदे हुये वृक्षों से छायादार है। मलय पर्वत से प्रवाहित चन्दन गन्ध से सुगन्धित वायु यहाँ शीतलता प्रदान करती है। हमारा देश कृषि प्रधान देश है, यहाँ की धरती उपजाऊ है। अपनी हरी-भरी फसलों की आभा से सांवली भारत माता का हम नमन करते हैं।

शुभ्रज्योत्सना पुलकितयामिनिम्, फुल्य कुसुमित हुमदल
शोभिनिम्

सुहासिनिम् सुमधुर भाषिनिम् सुखदाम् वरदाम् मातरम्
वन्दे मातरम्

चन्द्रमा एवं अनेकानेक देदीप्यमान नक्षत्रों की शीतल

चन्द्रिका से प्रकाशित यहाँ की रात है। भौंति-भौंति के सुगन्धित दिव्य पुष्पों से सुशोभित वृक्ष पंक्तियाँ स्वतः ही सबको आकर्षित करती हैं। सुसंस्कृत शब्दों से सजी हुई कर्णप्रिय मधुर भाषा है। विभिन्न भाषा-भाषी लोगों के होते हुये भी सबको एकता के सूत्र में पिरोकर आत्मीयता से अंगीकार करने वाली हमारी भारत माता का हम सब हृदय से अभिनन्दन करते हैं।

सप्त कोटी कंठ कलकल निनाद कराले,
द्वि सप्त कोटी भुजैः धृत खर कर वाले, अबल,
कैना माँ एता बोले।

बहुबलधारिणीम् नामामि तारिणी, रिपुदल वारिणां,
मातरम्

वन्दे मातरम्

जहाँ सात करोड़ कंठ (उस समय की जनसंख्या) एक स्वर में आपकी महिमा का गान करते हैं, जिससे महान उदघोष होता है। चौदह करोड़ हाथ, हाथों में खड्ग-तलवार लिये आपके प्रहरी हैं। ऐसी शक्तिशाली भारत माता को जाने क्यों लोग अबला कहते हैं। वे अतीव बल पराक्रम से सम्पन्न हैं। शत्रुओं के दिल का संहार करने वाली दुर्गा स्वरूपिणी भारत माता को हम बार-बार प्रणाम करते हैं। आज के परिपेक्ष्य में यदि हम देखें, चारों ओर अराजकता फैलाने वाले उग्रवादी, आतंकवादियों का साम्राज्य है, भ्रष्ट राजनेता हैं, जचता को गुमराह करने वाले कुगुरु हैं, भ्रष्टाचार और अराजकता से जनता त्रस्त है ऐसे में हमारी श्रीमाताजी साक्षात् दुर्गास्वरूपिणी हैं, जो सभी शत्रुओं का, बुराइयों का संहार करने पृथ्वी पर आई हैं। हमें यह प्रयत्न करना चाहिये कि हम सभी सहज योगी उनकी सशक्त सहस्त्र भुजाए बनें। आइये हम सब सहज योगी मिलकर यह प्रण लें कि बुराइयों को समाप्त करेंगे, पूरे विश्व भर में शान्ति, अमन व प्रेम का सहज द्वारा प्रचार करेंगे। वह दिन दूर नहीं जब माँ का स्वपन साकार होगा। और एक नये सहज विश्व का निर्माण होगा। वन्दे मातरम्

Why do we come to India



To begin with Maharashtra is the country where I would say the Ganesha principle is very strong. Because there are eight Ganeshas which are come out of mother earth, and all the three powers are represented by mother earth also are here Mahakali, Mahalaxmi, Mahasaraswati. So the whole place is very vibrated. The mother earth is very much vibrated. Now if you have any problem of Mooladhara for example, on this land if you sit down on the ground and put My photograph in front of you and put your left hand towards the photograph and the right hand on the mother earth and say the mantra of Shri Ganesha or full Atharvashirsha your left side will be cured. Left side is cured means, left Swadhishtana first of all, so many of you have been to so many gurus, this that, and have done wrong things, that's gets corrected. Also you have seen that, in the west abortion is the very common thing that happens to women, may be because of bad Mooladhara or may be by the left Swadhishtana we don't have to bother about it, past, or about the reason why it is so, so if you take your vibrations on the left hand side then you clear out your Mooladhara in such a manner that the problems are solved. That is very important for all of us, but this you can't do anywhere else I think, I mean, you can of course, mother earth is everywhere, but here it is a special place for Mooladhara chakra. Where it clears you very much and feels you up with holiness and auspiciousness. These are the two qualities of Shri Ganesha which you can imbibe very easily in this place. So try to meditate with your left hand towards the sun and right hand on the mother earth. So, instead of cleansing it through your Agnya, you can cleanse it through your

Mooladhara. This is the easiest thing to do here, and you must have noticed the people have very good Mooladhara in Maharashtra, they have no problem of their Mooladhara. The way they become innocent, see their eyes are so innocent, there is no lust, there is no greed, its vanished.

Moreover this place is very vibrated otherwise also, because lots of saints have lived here, they have left their vibrations. Shri Rama and Sita have walked on this soil bare feet. It is a very vibrated place.

Now the second point is that we are an international religion. We don't belong to any country, none of us belong to any country that we are not Italians, we are not Indians we are not Australians, what we are? We are in the kingdom of God. So, we are men of God as described by William Blake. So we are men of God and that we have no bondage to any of these ideas that we belong to this country or to that country. Once you understand your point in your collectivity then you will expand, not only will expand, but that expansion will give you a kind of a confidence in yourself that we have to take the responsibility of Sahaja Yoga. We have to spread Sahaja yoga all over. So the culture of Sahaja yoga is to be learned. If you do not have that culture within us, that people are not going to listen to us. In your personality there should be that magnetism which expresses your responsibility which is the gravity part. And the mother earth has gravity she has got this power of gravity, so that gravity should be there within us.

On the whole, if you see the Indians as they are, they have many funny funny type of politicians



and also we have lots of kinds cunning people for ruling us, because they are very simple, people are extremely simple and very innocent so only cunning can rule such people, and such cunning are exploiting these simple people here. But that doesn't mean the people are bad. They are too good and that's why anybody can come on this country and can rule us.

In the same way now these all the rakshasas have now become politicians and they are trying to rule this country and the poverty remains at the same level as the poverty. There is no concern for the poor people, really, because they just want to exploit even that poverty for their own purpose. That whatever may be the situation, there is one thing for sure that these are very simple hearted very open hearted, loving affectionate people. Very generous, they have very little to give but whatever they have they want to give it. Even the poorest of poor will try to contribute something just to make you comfortable.

Indians are not exposed to these ideas of advancement where you can overpower other people economically, politically, or try to sort of dominate the whole world. Even economics can dominate. So they have no sense of that so the humanity is still in the same innocent child like character here. All sorts of parasites, but still they exist happily, always laughing. In the same way we have to understand that in Sahaja culture we are innocent people. We don't want to harm anyone, trouble anyone. We are peaceful people and we are joyous people.

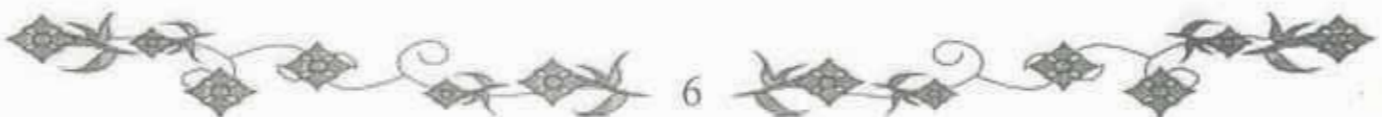
We have to enjoy our own personality and enjoy our collectivity. But the gain is quite a lot if we develop that witness state within yourself and that is very very easily developed in this country because there is no more any pressures you see. Like a wheel moves very fast and the

center of the wheel is the quite. Center, if you are on your center then you will see the wheel moving you don't mind, but you immediately jump on to that center is difficult.

If you go to the quite place where the pressures are not much of time or of any such bindings then gradually the attention moves to the center, that's why people used to go to Himalayas where there is peace. In that peace you can reach your own peace better, think of the comfort of the heart. Comfort of the mind. And that will really help you a lot.

The beautiful climate has given this country the possibility of they were inner being more than outer being because we don't have to fight the nature. The nature is so kind, that you can live on a tree here. We don't have to fight to get to the stores for food. We can get around here something, they are quite available. So the life becomes much easier here. And then people don't think of outside things. They have to think about inner thing. Just automatically, you seen when the life is simple, enter inside and see for yourself, because the inquiry starts, why it is life, why am I here, what I am supposed to do. You jump in the sea, the ocean of joy and you will forget every purpose. Now the most important thing is that **Sahaja Yoga is the greatest event of spiritual world where all the cosmos, all the gods, goddesses, and all the angels, and all the incarnations and prophets all are busy working it out within you.** If you could easily reflect my brain back on some screen you might be able to see them all of them sitting down there and working there and working on you. So the whole of Virata is working, behind the stage and you are on the stage. So one has to be very careful and alert that if we do not divert our attention in to something, we have to become very subtler and subtler here.

-Shri Mataji, Vaitarna, 1979





GANDHIJI

"Nepali, you are the same to look at and you are a mother . When are you going to start your spiritual work ? Now we are free, you should start whatever you wanted to do."

"Gandhiji had demonstrations that a powerful human following can be assembled not through the cunning game of usual political maneuvers and trickeries but through the cogent example of morally superior conduct of life. In our time of utter moral decadence he was the only statesman to stand for higher human relationship in the political sphere", thus wrote Prof. Albert Einstein on Mahatma Gandhi's death.

Gandhiji forcefully and convincingly demonstrated the power of spirit over material things. His greatest leverage was his command over the Indian masses. He gained such a command because the simple folk could understand what he was inspired from above. They called him "Mahatma", merely by his hunger strike the Mahatma could control behaviour of millions of people.

In many ways the mode of action of Gandhiji was Sahaj. He firmly derived his political activity from dharmic principles and refused to compromise with what was wrong. These principles, his very firmness, stemmed from his conviction that it is god who leads history.

Once, Mahatma Gandhi stood by stream and saw a woman in torn clothes which could not cover her modesty. Mahatma Gandhi 'spontaneously' took off his mantle and let it flow into the stream; it floated to the needy woman and she received it. His actions were spontaneous.

In South Africa, Gandhiji's Christian friends taught him the essence of Christianity, they said if he believed in Jesus he would find redemption. Gandhiji replied, "I do not seek redemption from the consequences of sin, I seek to be redeemed from sin itself". Gandhiji could not understand why if god had one son he could not have another. Why could he go to heaven and attain salvation only as Christian? Did Christianity have monopoly of heaven? Was

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god a Christian? Did he have prejudices against non-chirstians? On the other hand he doubted whether the sacred Hindu Vedas were the only inspired word of god. 'Why not also the Bible and the Koran?' He recoiled from the competitiveness of religions. He was not a Hindu, a Muslim a Christian or a Jew. He believed in one religion humanity, i.e. "Nirmala" dhrarma.

India got freedom from the British rule on 15th August 1947, but alas. Independence brought sadness to the Architect of Independence. 'Father of the Nation' was disappointed with his nation Gandhiji was sad because he had worked and prayed for 'swatantrata', that is 'Swa' ka tantra, rule of the spirit. What India had got then was just a replacement of union Jack with the Indian Tricolor. It was a hollow husk of freedom. Indians sat where Englishmen had sat before them. It was a victory with tragedy.

Little did the Great man realised that "Swatantrata" that he was searching for can be brought about only by inner transformation of the masses, i.e. raising of the Kundalini. But his work did not go waste. In enabling Bharat mata to regain its political freedom Gandhiji brought back to the land of Yoga its best dignity without which it could not unveil the precious secret of its spiritual tradition, Sahaja Kundalini Yoga.

Gandhiji's dream are coming true in this blossom time when millions are taking 'Self' realisation through Sahaja Yoga by the grace of H.H. Shri Mataji Nirmala Devi, and thus moving towards true freedom, "swatantrata".

- Adapted from Nirmal Yoga



Shri Mataji's perents with Mahatma Gandhi

वैष्णवजन तो

वैष्णवजन तो तेने कहीए, जे पीड पराइ जाणे रे,
पर दुखे उपकार करे तोये, मन अभिमान नाआणे रे।

सकल लोकम सहुने वंदे, निंदा न करे केनी रे;
वाच काछ मन निश्चल राखे धन धन जननी तेनी रे।

सम द्रुष्टिने तृष्णात्यागी, परस्त्री जेने मातर रे;
जिहवा थकी असत्य न बोले, परधन नव झाले हाथ रे।

मोह-माया व्यापे नही जेने दूठ वैराग्य जेने, दूठ वैराग्य जेना
मनमांरे।

वणलोभी ने कपटहिन छे, कामक्रोध निवार्यारे;
मणे नरसैयो तेनुं दरशन करता, कुल लेकोतेज तार्यारे।

जयते

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Nitin C. Jawalkar

भारत – एक योग भूमी

भारतवर्ष - परमात्मा की रचना का एक अभुतपूर्व और परिपूर्ण कार्य। यह वह भूमी है जहाँ श्री रामचन्द्र और श्री कृष्ण ने जन्म लिया। इसी भूमी पर नानक जी, साईनाथ और महात्मा बुद्ध का भी जन्म हुआ। और स्वयं आदिशक्ति ने भी इसी धरती पर जन्म ले इसे आर्शिवादित किया है।

ऐसी दिव्य पौराणिक और अत्यंत पवित्र भूमी को हमारा शत-शत प्रणाम।

शायद इस भूमी की महिमा का सबसे उत्तम मुल्यांकन एक सहजयोगी ही कर सकता है। इससे प्रवाहित चैतन्य स्वयं श्री गणेश का अनुरूप है। श्री गणेश जी के स्वयंभु स्वरूप पुरे महाराष्ट्र में प्रकट हुए हैं। श्री सदाशिव के प्रतिस्वरूप बारह ज्योतिर्लिंग भी यहीं पर उत्पन्न हुए। संत ज्ञानेश्वर, संत एकनाथ, कबीर, तुकाराम जैसे पहुँचे हुए संतो ने इसी धरा पर कार्य किया।

और अब अंततः हम सभी सहजयोगियों का भी इसी धरती पर जन्म लेने का अवसर प्रदान हुआ है। इसके लिए हम श्री माताजी के ऋणी हैं।

एक सहजयोगी और एक भारतवासी होकर हमारे कुछ उत्तरदायित्व हैं। स्वयं श्री माताजी ने देश प्रेम पर कहा है कि जो मानव अपने देश के प्रति निष्ठ नहीं होता, वह एक सच्चा सहजयोगी नहीं हो सकता है। यह देश प्रेम का ही बीज है जो परमात्मा की इच्छा से हमारे अंदर पनपकर एक फलदायक, छायाप्रदायक और हरेभरे पेड़ के रूप में एक उत्तम सहजयोगी का रूप लेते हैं।


देशभक्ति और देशप्रेम के सबसे बड़े उदाहरण शायद महात्मा गांधी थे। जिस प्रकार एक मानव अपनी छोटी छोटी त्रुटियों और अभावों से उभरकर अपने को एक विशाल सम्मुहान के सम्मिलित कर लेता है, इसके वह एक परिपूर्ण उदाहरण थे।

एक अन्य देश प्रेम की मुर्ती श्री लाल बहादुर शास्त्री थे। किस प्रकार दरिद्रता में भी अपने सिद्धान्त और सच्चाई के मुलों को स्थापित रखा जाए, शायद उनसे बेहतर इसका कोई उदाहरण नहीं है। शिवाजी एक अन्य देशप्रेमी थे जिन्होंने मर्यादा, साहस और प्रभुभक्ती के आदर्श स्थापित किये।

इन सब महापुरुषों के बीच एक सहजयोगी अपने को कहा पाते हैं?

वह समय और था जब देश को अंग्रेजी राज से छुटकारा दिलाना था। तब की मांग और थी। आज फिर हमारे सामने एक चुनौती है। चुनौती, विश्व को परिवर्तित करने की चुनौती, हमारे आंतरिक उत्थान की। एक ऐसी चुनौती जिसका सपना स्वयं आदिशक्ति ने देखा है। एक ऐसे विश्व का सपना जो भय, मत्स, लालसा, क्रोध से मुक्त हो। एक ऐसा विश्व जहाँ परमेश्वर का साम्राज्य हो। जिस साम्राज्य की नींव प्रेम, करुणा, पावित्र्य और धर्म पर स्थापित हो।

आईए हम सभी सहजयोगी मिलकर इस महान कार्य में सहायक हों। वही कार्य है जिसका नायकत्व स्वयं आदिशक्ति कर रही है। और अंततः शायद यही वह अवसर हो हमें उस महान साम्राज्य में पहुँचने का जिसका हम सभी सपना देखते हैं।



Jihad or the Holy War

Jihad or the Holy war as described by Prophet Mohammed has an entirely different meaning. The word Jihad comes from the root word in Arabic the meaning of which is to strive. Therefore Jihad actually means to strive.

THOSE WHO BELIEVE, AND SUFFER EXILE
AND STRIVE WITH MIGHT
AND MAIN, IN GOD'S CAUSE,
WITH THEIR GOODS AND THEIR PERSONS,
HAVE THE HIGHEST RANK
IN THE SIGHT OF GOD:
THEY ARE THE PEOPLE
WHO WILL ACHIEVE SALVATION

Here is a good description of Jihad. It may require fighting in God's cause, as a form of self-sacrifice. But its essence consists in a true and sincere faith, which also fixes its gaze on God, that all selfish or worldly motives seem paltry and fade away. Earnest and ceaseless activity, involving the sacrifice (if need be) of life, person or property, in the service of God. Brutal fighting is opposed to the spirit of Jihad, while the sincere scholar's pen or preacher's voice or a wealthy man's contributions may be the most valuable forms of Jihad.

SAY: IF IT BE THAT YOUR FATHERS
YOUR SONS, YOUR BROTHERS,
YOUR MATES, OR YOUR KINDRED;
THE WEALTH THAT YOU HAVE GAINED;
THE COMMERCE IN WHICH YOU FEAR
A DECLINE; OR THE DWELLINGS
IN WHICH YOU DELIGHT
ARE DEARER TO YOU THAN GOD,
OR HIS APOSTLE, OR THE STRIVING

IN HIS CAUSE; - THE WAIT
UNTIL GOD BRINGS ABOUT
HIS DECISION: AND GOD
GUIDES NOT THE REBELLIOUS.

Man's heart clings to his own kith and kin - parents, children, brothers, and sisters, husbands or wives or other relatives. Wealth and prosperity. Commerce or means of profit and gain, or beautiful and grand houses, for dignity and comfort. If these are a hindrance in God's cause, we have to choose which we love the most. We must love God even if it involves the sacrifice of all else.

Prophet Mohammed when speaking about Jihad has said, "The biggest Jihad one fights is with himself/herself" This clearly means that a true believer, who is realized soul, has to introspect and strive hard to remove all his/her faults. All of us have our faults; no one except God is perfect. We do not have to see the faults of other people, but rather we have to strive hard (wage a holy war {Jihad} within ourselves) to make ourselves better instruments of God. It is mentioned in the Quran that Muslims (realised souls) should be the helpers of Allah.

BY THE TOKEN OF TIME THROUGH THE
AGES
VERILY MAN IS IN LOSS
EXCEPT SUCH AS HAVE FAITH
AND DO RIGHTEOUS DEEDS
AND JOIN TOGETHER IN THE
MUTUAL TEACHING OF TRUTH,
AND OF PATIENCE AND CONSTANCY.

- Adapted from 'Islam Enlightened' by Javed Khan

GREECE

When I went to Greece, I knew that I had to go to Greece and they told me that they believed in the beginning in one Mother, in one primordial Mother. But after some time there were some Indo Aryan people who came down to me and said, 'yes, there is one Mother but she has many aspects and these aspects are expressed as different Gods.' And then they told about all the Gods, which you know but they later on made them absolutely human types of gods and they spoilt. But still there are certain things so amazing like- Athena is the name of the Goddess, the primordial mother, but Athena, Atha in Sanskrit means the Primordial and they got the word Athena and to the water they call Niroo, and in Sanskrit it is Nira, my name at home is Nira, means from Water. Its very surprising how many words there are, like I told them about the centers they said Kendro, in Sanskrit its Kendra. But the best was in Delphi when I went we were surprised at something they said, that it is the 'navel of the Universe.' I said Europe is the lever, and Greece is the navel. They showed a point that is the

navel, it was vibrating. And not only that, but they showed the most remarkable thing was that this is the mound which is actually the expression of the navel, it is the mound which has come out of the Mother Earth. And this is actually Athena. According to them this is that has come out of the Mother Earth. I saw the vibrations were tremendous. And next to that there were lots of vibrations coming. So I turn around. And what I find is the Ganesha, absolute Ganesha there sitting down with a beautiful trunk, face and the ears, and eyes and the stomach, can you believe it, sitting next to us, and absolutely the vibrations coming. Another thing is they showed the egg, just imagine, and the eternal egg from where the other eggs come out and the eggs are shown divided into the same way into spindles as they do, which doctors know and have seen under the microscope, but how did they see those Greeks God alone knows. But there is another side, first they used to get Amroota, this is the one that was meant for the Gods, by which they were given eternal life, in the sense they were appointed as

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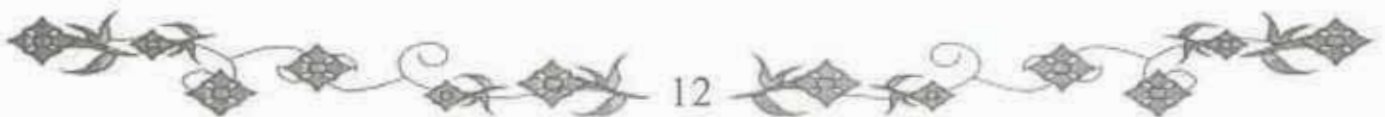
permanent creatures. But then the same thing they wanted everybody to have so they started using Ambrosia, they converted it into something else, some sort of a LSD business. So also they went into trance. So the rest of it is also drama and that supra consciousness also side by side exists. Now discretion has to be used, how around reality, supra consciousness or collective subconscious always work out. But I was amazed at the temple of Athena (in Delphi) when we went there its so much so near to the thing that the Mooladhara is shown there where the Kundalini exists. Now she is the one who has snakes around her and she has little little snakes as her children, can you imagine it, and she's one and she has a daughter which is the Kundalini in you and a God who is a child god. And when she stands she has a Kundalini in her hand, the snake coming out of her hand, with all the chakras she is paitend. Its so beautifully shown. The best was her Sanctum Sanctorum where nobody is allowed to go inside it, where she resides in the Adi Kundalini, but they say that she came out of the head of Zeus, the Primordial Kundalini. And in her place nobody can go inside. Nobody can reach except for her son, the child son. But her steps are very large, also are roundish, are curved. Can you imagine they are curved as if it is part of the Kundalas and they are three and a half in height. You can see that. In height and width also. Like every place are made of big stones and the last is made of a small stone. Three and a half and they are in a curve. And that is Sanctum Sanctorum. Nobody can go inside. And Athens is after the name Athena. If you see the face also you will find your Mother very much there."

***H.H. Shri Mataji Nirmala Devi

श्रीमताजी हि अमर कल्प देवता ॥

Self realization is rebirth in the life of an individual. For many, it is more so than others. The realized soul begins to discover the value of concepts and entities that were significant earlier. Many of us tend to take our country for granted; its virtues, its history, its culture. The fact that India and her people were created with the purpose of enabling and fostering spiritual growth becomes evident when one leaves India and goes abroad. For the many students who fly to countries like the United States of America for graduate studies or work, the grandeur of India, her culture and her people begin to show through very clearly indeed. The realized soul is always open to positive influences and does note the attributes that go towards the progress that countries like USA have achieved; the dignity of labor, the freedom of opinion, the great value attached to human life and dignity. Shri Mataji also shows Her children how erosion of principles have taken place. The relentless assault on innocence, the lack of discretion and respect are painfully evident and the Sahaja Yogi feels intense motivation to share Shri Mataji's lessons with the misguided people of the foreign land. The greatest joy for the Sahaja Yogi away from home lies in the warm cocoon of protection that Shri Mataji blesses him with; he (or she) is always aware that She is always watching and guiding and aiding. Her Presence is a source of infinite joy particularly when the Sahaja Yogi ventures out to propagate Her message and begins to notice how the Param Chaitanya removes seen and unseen hurdles in wondrous fashion. It is hoped that Her children are able instruments for Her Grand Design in these lands and can bring joy to those seeking truth.

-Indian American student Yuvashakti.





SAHAJA - THE ANSWER TO EPILEPSY

Epilepsy is a very old disease which was already existing before Jesus-Christ's birth.

The word "Epilepsy" is of Greek origin 'epi' meaning above and 'ledo', injury. We can say that it is an injury to the upper parts that is the head.

Some well-known commanders like Alexander the Great, Julius Caesar and Napoleon got afflicted by epilepsy. Dostoyvsky, Van Gogh and Alfred Nobel have also been victims of this ailment. This disease affects both sex and commonly occurs during childhood and old age.

In India, the prevalence rate is 5 per 1000 which means that approximately 50 lakhs Indians regardless of Socio-Economic status suffer from this disease. It is the highest number after the one of the African countries.

What is an attack of Epilepsy?

There are many types of epilepsy. In the commonest form, the consciousness is altered, the patient falls down the body becomes stiff and alter on the muscles enter into a phase of intermittent contractions. The attack can be anticipated as some symptoms called as 'Aura' are commonly present before the seizure: It may start with a pain in the abdomen, a strange taste in the mouth, a musical sound, a curious odour or some changes in the body temperature.

What is happening in the brain at the time of epilepsy attack?

Every cell in our body has a certain threshold of electric discharge beyond which it starts behaving in an abnormal way. Some stimulus can cause some changes in the polarization of the neurons and make them behave abnormally. The electrical activity of the brain cells can be recorded on an EEG. Some insults to the brain or some infections can interfere in the well being of the neurons. But in most of the cases, the cause of the disease remain unknown.

In medicine, it has been observed that alcohol plus drug abuse are some of the risk factors. Epilepsy can be controlled up to 70-80% by medicines which unfortunately have some acute and chronic adverse effects. For the time being in the medical field, epilepsy is still considered as an incurable disease. But by the grace of H. H. Shri Mataji Nirmala Devi, we came to know the root cause of this disease and the way to treat it. Epilepsy is due to a movement of the attention to the extreme left for getting rid of this ailment. The subtle system should be balanced by saying the 'Gayatri Mantra' (It will bring the attention to the center).

Once we are in equilibrium, the Brahma Deva-Saraswati mantra should be said.

Another good way is to put the left hand towards Shri Mataji's photo and the right one on the ground. Shri Mahakali mantra can be said while working with a candle on left side. Back Agya which also gets affected in this disease can be treated by the early morning sun rays. In



some researches it has been shown that seizure frequency decreases after practicing Sahaja Yoga.

Refereces:

Epilepsy, Combination therapy by alternative medicine

-Dr. B.M. Soni and Dr. Gupta.

NEWS AND EVENTS

ACCOLADES

A Group Song Competition was organized by Saraswati Brahman Marathi Samaj - Indore on the eve of Shri Guru Puja, 2001, in which Indore Yuva Shakti Music Group had actively participated - by the grace of H. H. Shri Mataji Nirmala Devi, the group had won first prize and was awarded with 'Shield'.

M.P. and Chhatisgarh State level seminar was organized on 30th September to 2 nd October 2001, at Indore. On first day the inaugural program was conducted by Mumbai Yuva Shakti Leader Mr. Arvind Thakur.

On second day Shri Siddharth Gupta, Nagpur leader, had given a brief speech on - "How to get into the deep meditation". Later on he advised the yuva shakti to contribute their experiences with one to other. This program had benefited a lot.

On third and final day havan puja was done under the guidance of Shri Yogesh Lodha (M.P. leader), Shri Siddharth Gupta (Nagpur Leader) and Shri S.K.B. Kulkarni (Indore leader).

During seminar, Cultural and Music programs were organized by Indore Yuva Shakti. These included: Malwa Folk Dance, Gujrathi Garbha, A short play on Saint Gyaneshwara, Sahaja Quiz, Sahaja Music.

This section awaits more 'News and Events' relating to Yuva Shakti, from your respective areas.



गणपतीपुळे

ये गणपतीपुळे का अदभुत समा
हर किसमस पर यहाँ होते सहजी जमा

करती माँ हर सहजी का उत्थान
मिटते यहाँ आकर सब विचार और थकान

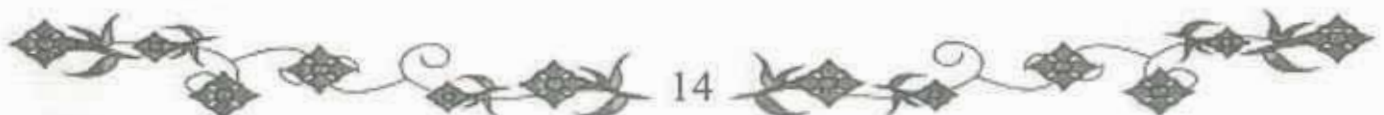
जितने भी है चौद-सितारे
आते है माँके दर्शनको सारे

मिलता है यहाँ पर एक प्रसाद
निर्मल माँ का अशीर्वाद

सारे सहजी रहते मिलके संग
चढ जाता सबपर यहाँ की मिट्टी का रंग

मिलते यहाँपर सारी जाती, सारे प्रांत
समुद्र भी होजाता सबको देखकर शांत

छोड छोड कर अपने सारे काम
चलो भाईयों निर्मलधाम





31. Celestial Body representing Agnya chakra.
 32. Shri Hanumanji is the son of this element.
 ACROSS
 4. The collective consciousness.
 7. Ajanta- (one of the Sahaja Destinations)
 9. "Ascent" as termed in Islam.
 11. He who is Rudra
 12. One of name of Jesus christ, named after Yeshoda Maiya.
 14. Sidrat-UL-Huntah.
 17. is the Sahasrar of the world.
 20. The last Guru of Adi-Guru dattatraya.
 24. Angaraj.
 25. Shri Mataji's School project near Pune.
 26. The Holy Ghost as mentioned in Quran.
 28. Jihad: The holy for spiritual ascent.
 30. Planet of mooladhara chakra.
 33. The ocean of illusions.
 34. the right channel ends as the at Agnya.
 35. He who's kingdom is Amrawati.

DOWN

1. One of the Jyotirlings.
 2. Maryada Purushottam.
 3. Moses had given the commandments.
 4. 3rd chakra after Sahasrara.
 5. Bhairavi, Yaman, Todi, Asavari are types of .
 6. Characteristic of the left side is Gun.
 8. Adi Shankaracharya's authored "Saundarya ."
 10. He who came to Kashmir and met king of Shalivahana Dynasty
 13. Goddess presiding over left Heart.
 15. Beej mantra of Vishudhhi.
 16. Path shown by Gandhiji during freedom struggle.
 18. One of Shri Mataji's names in Lalita Sahasranam.
 19. This colour represents the Swadhishthan Chakra.
 21. Number of petals of Agnya chakra.
 22. Antibodies are produced with this chakra's help.
 23. Planet of the heart chakra.
 27. The sound that awakens the 3 qualities of Mahalaxmi, Mahasaraswati, Mahakali.
 29. Shri Ganesh is worshipped with coloured flowers.

Answers: 1. Bhairavi, 2. Maryada Purushottam, 3. Ten Commandments, 4. Sahasrara, 5. Ragas, 6. Left side, 7. Shri Mataji's School, 8. Saundarya, 9. Shalivahana, 10. Shalivahana, 11. Goddess, 12. Beej mantra, 13. Path shown by Gandhiji, 14. Lalita Sahasranam, 15. Swadhishthan Chakra, 16. 8 petals, 17. Antibodies, 18. Heart chakra, 19. Sound, 20. Mahalaxmi, Mahasaraswati, Mahakali, 21. Shri Ganesh, 22. Coloured flowers.

क	फ	मो	झे	स	ख	दृ	तु	र	झ
ड	मु	क	न	प्यु	शि	अ	स	गु	ला
ल	म	हं	बा	र	म	प	रु	झे	ओ
स	ज	बा	म	प	च	ना	कु	प	त्से
ह	ई	र	क	द	न	ज	य	झ	न
सा	सो	अ	न	क	पे	द	ज	न	क
श्री	क	मा	य	ना	श्री	गं	ज	प	र
जी	टि	प	च	शं	फ	ख	व	झ	ष्ट
स	स	म	ह	बा	अ	व	ह	र	रु
ह	ज	छी	दृ	वा	यु	ई	जा	ज	ड

उपर दिये चौकोर मे १० गुरुओंके नाम ढुंढे

We thank you Shri Mataji





माँ तेरी जय हो

माँ तेरी जय हो, तेरा ही विजय हो, तेरे गीत से आज जग ये जीवित हो।
माँ तेरी जय हो।

तेरे गाँव के खेत भी गा रहे हैं, तेरे आज नगरों में जय जय की धुन है।
तुम्हें देख के ये जगी दीन दुनिया, और वो गा रही है की माँ तेरी जय हो।

जब आँखों में आँसू, जुबों पे थें छाले, ये दिल गा रहा था कि माँ तेरी जय हो।
चिताएँ हमारी गगन से भिड़ी थी, वहाँ लिख रही थीं कि माँ तेरी जय हो।

माँ तेरी जय हो, तेरा ही विजय हो, तेरे गीत से आज जग ये जीवित हो।

प.पू. श्रीमाताजी निर्मला देवी द्वारा रचित