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The Divine Cool Breeze



Salutations to you Shri Mataji, you have condescended to incarnate in this world in your complete form and occupied the thrones of your children's hearts. You are the most loving Mother to all your children. Your immaculate form is extremely soothing and just a glimpse of your form fills our hearts with Nirananda. O Shri Adi Shakti, thou art the cause of creation. Only one glance of yours destroys all sins.



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Shri Ganesha Puja

Cabella - 22.9.2001

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

Today we have assembled here to worship Shri Ganesha. Shri Ganesha who is the lord of innocence, He is the ocean of innocence and though He is such a young little boy He can fight the whole world, He can destroy all the negativity. That's the sign of innocence. There have been stories that children who have fallen from very great height they were completely saved; nothing happened. Their innocence is such a powerful thing that it doesn't harm anyone who is not to be harmed. It has all the wisdom of the world, all the understanding of the world and anybody who tries to harm the innocence, the whole world which may not have cared so much for innocence, might not have worshipped innocence so much but they all stand, stand-up against anybody who tries to harm the innocence. You can see in your own lives around anybody tries to trouble children, all of them whatever they are, whatever they are coming from, whatever may be there nationality, they all jump-all jump to control and to safeguard that child.

What is it? What is it within us that make us so very conscious to protect the innocence! It's a really shame, great shame for us when we find in this world that innocence is under attack. Anything else can be tolerated-innocent people who have done nothing wrong, those

who have no malice, who are living like little children, I should say, if they are attacked by anyone, not that the whole world reacts to that but everyone of them cannot bear any innocent person or innocent being being harmed. You don't realise that within us there is the ocean of love and ocean of understanding for children. Why? Why should it be? Why should we feel like that specially for children, specially for innocence! There are people who are always attacking innocent people, innocent children, there are, but no one wants to support them, no one thinks that it's proper to ill-treat children and those who have done this have to suffer. They all suffer as a reaction. What is it within us that creates that reaction, that tremendous reaction against innocence? For example, if there is a regular war and if there are people fighting in a regular war, they don't have much sympathy and the world also. They say alright, they are of that understanding, they are of that kind of a thing. The greatest sympathy comes when innocence is being challenged. That's what human beings have-within themselves they have the power, power of Shri Ganesha which gives you that feeling, that capacity, that understanding, that you have to protect innocent children, innocent people and the whole world can rise against all such people who are trying to kill the innocent. There

can not be any doubt. If they cannot oppose such an attack or criticise such a thing then they are not yet human beings, I would say. The highest personality can sacrifice anything and can give up anything but they can not give up the feeling they have for innocence. It's very remarkable, we don't realise, how much there is this ocean of protection and love for the innocent. What attracts the greatest strength is when we see innocent person, innocent children are under attack. That's the beauty of human beings. Of-course there are many human beings who can be cruel, who are I would say, I call them devils, may be, but when it comes to children and to innocent people, everyone feels it a responsibility. It's difficult for normal human beings to be innocent because they have a kind of a understanding that they are something great, that they understand everything, that they can analyse everything and they could be crooks, they could be aggressive, they could be troublesome, they could be anything and they can give explanation for that, doesn't matter. But still on the whole they can never be respected and they can never be honoured for the thing they are doing.

For us, the Sahaja yogis, the Sahaja culture is to respect your innocence. You might feel little bit cheated, you might feel little bit dominated, you might feel little bit disgraced, but Sahaja yogis have to be innocent because with them lies the

power of Shri Ganesha. They should not feel dejected if they are being used, insulted, tortured, dominated. It's alright. They should not try to destroy the innocence of other people, of anyone. Automatically it would work out. You will be amazed that when innocence is charged all the goodness of the world comes to the rescue of that. Example of this is the recent war, so called war, of America where innocent people, they had done nothing wrong, have been tortured, have been killed. At that time, all over the world, it is a big support, every country whether it believes in those people or not is anxious to look after those who have done this crime. They may not be belonging to the same religion, they may not be belonging to the same country, they may not be belonging to the same cults but at this moment who does not take the side of the innocence will be singled out and will be destroyed, no doubt about it. Once for all they will learn a lesson that you can not attack innocent people.

I have told you, in Sahaja yoga we should not ever be annoyed with our children, we should not in no way punish them. Our main achievement should be that loving attention for children. All over the world whether he belongs to your family or to some other family or has some sort of detached attention with you, still because he is a child, he is innocent, the innocence within itself, your own innocence will try to protect him. It's very

surprising how people take to sacrificing the lives when it comes to the attack of innocence! Children should never be attacked. They have their own power to protect, no doubt, but you shouldn't waste your energy on something that is extremely inauspicious, extremely cruel and extremely ugly. If you cannot love children, you can not love anything. I have not come across anyone so far who says that they don't love children. Luckily, but may be, some might say that we love flowers. Why? Why you love flowers? Because they are innocent, because that beauty of innocence is within them. You love nature, why? Because it is innocent. But the greatest innocence is seen among human beings who are Sahaja yogis. It's easy to be cunning, very easy to be cunning, it's very easy to be clever but to be wise one should understand the beauty of being innocent. Possibly one may say, Mother, one can get exploited if you are innocent. No one can exploit an innocent person. They may believe that they have done this, they have been very aggressive and all that but they cannot. It is like a rock, it is like a rock that is not derailed by any ocean of anger or any kind of revenge. It is the rock that is being looked after and nourished by Shri Ganesha. I have told you before also that the innocence within us never gets destroyed, very surprising! You may be a sinner, you may be a very cruel person, you might be anything but it doesn't get it cannot get it after innocence. It is a very-very secret thing

that is put within us by the Divine. We play with innocence very much, we think that by behaving anyway we like, it's alright after all it's my own desire, my wish and we go on, we go on all the time reducing our power or we can say hiding or covering our power of innocence and we think we have done a great job that we have befooled all the people by our tricky nature! This tricky nature can not give you any satisfaction, it is not self sufficient. When you try to trick someone this trick works on you, it is repelled on you and destroys your faith in innocence which is the greatest faith; greatest help or the greatest power on this earth. Those people who do not respect their innocence because they think it makes you weak have not seen the power of innocence, how it works, how it acts. From all over the world it reacts but so far, I think, the human beings are not conscious of the power of innocence, that it is the highest thing to be innocent, and it acts as if the whole understanding, whole working out of the being is so beautifully achieved.

Now you see in this world what saves, what people remember, what is respected-is the high ideals. But if you see to the subtle side of all these high ideals of people, they have lived a very-very beautiful life, of very good character, of very good nature. All these people may have been harmed, may have been killed but because of their innocence they shine and shine through

ages. You can see the life of all great men like that. They are all very simple, they are not deliberately spontaneous they are in their behaviour, spontaneously they live.

Nations after nations can be destroyed but the power of innocence can not be destroyed. Have faith in that. You have to have complete faith in your Self and that your Self is nothing but innocence. You may say that innocent people get cheated. Nobody can cheat innocent people because that is something of very eternal value. They might cheat you in money, might cheat you in something but the thing that is the most eternal is your innocence and you will be the most successful person in life when you are absolutely innocent and you are looking after your innocence.

As I have told you that innocence never gets destroyed. It can be covered by your ill thoughts, by ill doing it might be covered for the time being but if you can take out the clouds away from the sky of innocence, the whole thing becomes so obvious that you have won the whole world. You can take the case of Christ. He was crucified. He was insulted, He was tortured, those who did this where are they? Who knows them? Nobody even knew the name, nobody is even bothered about them. The single one person was so much used and was so much tortured but despite that what has happened! He has got the respect,

from the whole world, the whole world respects, nobody says that look at that, how he was crucified? What has he done? Nothing of the kind. They just respect and what do they respect the essence, the essence of complete innocence. You say in Sahaja yoga that He was the incarnation of innocence, He was the incarnation of Shri Ganesha, which can be verified. So, when we think that in our own ventures we can do what we like and we don't want to even remember that, we don't want to even consider that it's a wrong thing to do, we do not know what is ahead of us. What happened to Hitler also? He thought he can destroy the whole world, he can manage to kill so many people and still he will remain a very great personality. They are stupid not to understand who are the people really respected? Through ages, through history-no one like Hitler, He didn't understand if he wanted to have really the power of the world and if he wanted to have a reputation of a great man, he should have followed the great people and the great people are those who are innocent. Their main power is their innocence. Take any one of them. I don't know how to say that this power acts because it acts in so many ways. You can pass through the historical events, so many of them and what would you find? A person who is so innocent, simple and wise is remembered all your life. I was a child very small when I was in school I used to go to the library and read about

the lives of great men who have created some great things for us. So many of them and I was so impressed how some of them were so simple, so child-like. For example Abraham Lincoln for whom I had tremendous respect was a man tortured by his wife also! She said, you don't know you are very clumsy, you don't know how to dress up, you don't know how to behave and she actually was very harsh on him, all the time torturing him. Ultimately he was killed. So one can say see what's the use of being Abraham Lincoln because he was killed, he was not successful. But till today all over the world people know who was Abraham Lincoln. They don't know his wife, but they know who was Abraham Lincoln. Clumsy man, according to her and all sorts of degradation for him but nobody respects her, nobody thinks anything about her. Who is respected today is Abraham Lincoln. Why? Actually he was murdered, he was killed. That shows that he had no strength to survive; but he survived through ages. So many years have passed still he is surviving. Take the case of all the great people who have been innocent and that's why they had ideals. To them their ideals were more important than anything else, even their lives, everything was nothing. Now the sense of ideals and idealism comes only from your innocence. That's the one which teaches you what is your ideal? How you should exist? What kind of a life you should lead? It's not important

that you have big authorities or you have a very big position as ministers and all that. There have been so many who came and died. There had been so many people with ambitions and so many people who were oppressive but where are they? No body is bothered about them, nobody wants to look at them. If their photographs appear, people close their eyes, no-no we don't want to see this man, but if there's a little boy, innocent child who is talking in a very innocent manner, the whole world admires that child and these great men are really the symbols of that innocence. Their main quality was innocence from where the wisdom has come.

Ganesha's main quality is his wisdom. He knew what was success through His, I should say, innocent qualities. Some times the innocent people are not even aware of their quality of innocence. It's very surprising! How the quality of innocence shines through human beings who may be very ordinary, who may be very simple, who may not look so intelligent and sharp, who do not become good diplomats, what ever it is they are innocent. That's where ends all the glory of human beings to be innocent.

So to be innocent, what will you do? People will say, Mother what do we do to be innocent? Firstly, you can see for yourself how your mind works, what does it do, how it reacts? This is what one has to watch, which I call as introspection.

What sort of plans your mind take to? What does it think is the best? In that thinking, the thought process, what is the most important way to look at yourself. The first and the foremost is that you should know how you react. Is it an innocent reaction or it is a vindictive reaction? It's very easy to see yourself because now you are all Sahaja yogis. You can see for yourself how is your reaction to any aggression on you or any kind of a trouble coming on you. How do you react to that? What is your behaviour? If you are a very powerful person then your behaviour is that you are not bothered. "You see it for yourself that it is just a stupid thing people are doing to you, absolutely stupid and when they are doing stupid things, why should we bother about it, why should we waste our energy about it? It comes to a point where their stupidity is found out in such a manner that all their lives and afterwards they are treated with contempt. People don't even want to take their names, they don't want to have their photographs, they don't have to have anything to do with them.

At this time, at such a juncture what happens is the people who are crooks who are not innocent, who are against innocence, they start following them because it suits them better, it suits them to be aggressive, to be cunning and that's how a new group is formed which we can call as satanic group and this satanic group also cannot do anything,

anything what so ever to an innocent personality. There's a sanskrit shloka like that "Nainam Chhidyanti Shastrani", for the spirit - it can not be killed by anyone "Nainam dahayati Pavka" - no fire can burn it, "Na Chainam Kleid yantapo, na shoshatey Maruta Maruta" is the air or what you can call, a wind, wind cannot also suck it. It is above all the nature which is trying to destroy. But you will be amazed that nature understands, I told you nature is innocent. It understands and it acts at the right moment. Again the person who is aggressive, who is trying to malign or trouble an innocent person. In this way we should know that we have to worship our innocence.

I know sometimes one feels that you are dominated because of that sometimes one feels sad that why you are put to this kind of a treatment by others? All kinds of things come to your mind but if you worship your innocence then you will be always a happy person, always a kind person, always be a humble person. So one has to be careful. You are your own destroyer, you are the one who kills yourself. What do you say to Hitler? Hitler destroyed himself, who else destroyed him? I mean in anyway everybody has to die, so he would have been dead but who destroyed him forever is himself. So you kill yourself. Through this you can save yourself and can become very glorified if you are innocent, have faith in the power of

innocence. What is important is how you show in your life the power of innocence, how you behave towards each other and that is what I call the love. You cannot be compassionate unless and until you have this attitude towards yourself, you cannot be kind, temporarily you might feel this but permanently compassionate temperament comes only through the permanent flowing of innocence through your character. It's such a transparent thing in a human being that it sustains, it overpowers all other things, leave alone the time. Thousands of years people will not forget you, the Sahaja yogis, if you show your valour and the strength of your innocence.

I am sorry for today's programme being so late but you know I was ready to come but the marriages are becoming the main function now because it came so late that till the last minute we were deciding about marriages. But I am telling you this is the last time. Next time

we will stop it. You must send your, what you call, your applications at least 8 days before and for Ganapatipule it is two week so otherwise there are only twenty four hours in a day and you cannot increase those. Now this one humble request I have to make that if you want to settle your marriage then please do it in a way that I can have time to see. Otherwise I will leave it to others to decide. If you like it can be done. So a simple thing is this to understand that marriage is a very important thing. You can create innocent children if you are married. But if you behave in this manner, little irresponsible so I have to request you to understand the value of time because from next time I can assure you we cannot have marriages if you send your applications so late. It should be within one week's time. I hope you will understand.

Thank you very much

Common looking people are the best in the world:
that is the reason the Lord makes so many of them.

Abraham Lincoln



Navaratri Puja

Loutraki, Greece, 21.10.2001

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

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 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 Saheb. 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 Devbandis 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 Saheb. So if you tell them that Mohammed Saheb has said such-and-such a thing, they say "No, we don't believe in Mohammed Saheb". "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 no mad 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 ruin the world completely". 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 Abdali. 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 Saheb because Mohammed Saheb said that "I am not Divine". I also used to say the same, to save myself 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 Saheb were never understood by these people. Very, very cruel, and because they don't even believe in Mohammed Saheb, you cannot argue with them on any point; you cannot argue with them what is written in the Koran because you don't believe in Koran, you don't believe in Mohammed Saheb, 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 the 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 Nizamuddin Aulia's dargah. In that place only, I discovered, there's a Madarsa - 'Madarsa' means a 'school'. And in that school they used to admit small children. And it was so well planned that God only knows - I mean I can't say, that there were 120 Madarsas 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, Nizamuddin, 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 Madarsa in that place. I asked them "Why is it, here the vibrations, Nizamuddin was an Aulia. And how is it 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 Madarsa".

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 Madarsas 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 Madarsas, 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 Madarsas, 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 Saheb 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. It's alright, but to have this kind of a group that is against all humanity was the most dangerous plan! I don't know how many Muslims also knew about it. They spread this Madarsa thing all over the world and people coming out of that institution became very, very cruel people. The first cruelty was to the women. Women were treated with such contempt, and absolutely no respect of any kind was

given to them. This itself shows that there was no-one to control them. It's not written in Koran, it's not described by Mohammed Saheb. He says "God is merciful; He is peace-giving". Whatever he did was absolutely Divine, no doubt. But some of these people, the way they took to satanic forces, people started misunderstanding Islam.

'Islam' means 'to surrender'. Those who are surrendered are you people. **Surrendered means those who have given up all their lust, greed and all these enemies, and are above normal people.** Another thing, it was very interesting to note that Mohammed Saheb had said that "At the time of resurrection, your hands would speak". That he clearly said. Naturally, because it was written in a language which was all poetic, people can, if they want to, they can twist it. But Mohammed Saheb never, never could have said.... that.

It's very, very shocking that in these modern times the people have taken to such crooked ideas. But for that, the reason is that people also develop resistance for them. Jews - they developed a resistance for them. This hatred is responsible, and this hatred, between both the sides, I would say, now, is too difficult. It's very evident.

Now, in Sahaja Yoga, you believe in complete innocence, simple existence together. And that people believe that there is definitely different groups of people. Now what is our duty? What are we supposed to do? First of all, we have to introspect. Supposing you are a Hindu, born. You should sit down and find out if you hate anybody because he's a Muslim. You cannot hate because you are Muslim, because you are surrendered, so how can you hate anyone? If you are surrendered, you are surrendered to the Divine, and how can you then be against the Divine? So these misleading thoughts and ideas should be given up. Supposing you are a Hindu. So you have no business to hate anyone. That is for definite! Now the word 'Hindu' also comes from the River Sindhu because Alexander couldn't say 'Sindhu', so he said 'Hindu'. And on that point many people have built this horrible hatred in India. But cruelty was not their theme. That was the saving point that they didn't want to torture people. So this aptitude to torture or to hate people is coming from other sources. And the source is, as you can see clearly, that they openly hate. To hate is a very bad quality. One of the most dangerous things is to hate. And so you all must know... (short pause) alright. Now we are having a puja.

To me, it is very painful to think that we human beings, we hate others, when you know that love is such an overwhelming, beautiful feeling. But why then do you take to hatred? Because people have impressed you, they have told you lies, that's why you hate. What an achievement! First to be a human being, and then to be a person full of hatred! Now what will be the next, I don't know!

It was alright in those days for the Goddess to kill. The Goddess used to kill all such people... (long pause).. It's a very sad feeling that God has created human beings from amoeba to this stage, and how can we hate someone? And this is what has happened!

Now of course Sahaja is different. Sahajis know how to enjoy the Love. They like it. They enjoy it. You can see that. And if somehow, you people could manage to remove this hatred - somehow, somehow - with your own will-power- denying and defying all that is being told to human beings, I am sure.. (long pause).. It's a very difficult world where those people who came on this earth went through all kinds of education, wanted to improve the conditions, the relationships, friendships, have fallen into the depths of hatred.. (long pause)...

My heart just weeps. At what time I have come on this earth, where I have to see human beings hating each other! They talk of 'love and 'hate'. It's a very serious thing, that you who are the children of one God, they'll end up like this I mean, I have experiences that if I tell you you'll be shocked. How people have fallen down to the depth of evil nature.

It's an understanding we have, to have understanding about ourselves: Do we hate somebody? Do we get ideas that we shouldn't have, or do things? Do you have such things in you? Just find out! Do you hate other people?

These ideas are rotten, absolutely, for the human mind. The ideas which are completely like the animals instinct, are absolutely no good for human beings at all. But that is what is happening, and it's coming forward. If you are poor, alright, but by hating you don't become rich, no. If you are in any difficulties, then your duty is to remove those difficulties, but not to prosper on them. All this has to finish. It is very surprising that we are not bothered at all as to what we are doing. Yes, you have to have proper sense of understanding: where are we going? If you have misunderstanding about somebody, better take it out,

completely. They try to trouble you, alright. But don't have bad understanding about that person. Very surprising that we never see those things, how ugly they are, and how funny they are, how they ruin our personality!

You may be able to correct some people. All our activities as Sahaja Yogis, I never realised were so important! We have to give so much time. Not to bother about nonsensical, frivolous things, but something serious that is within us or without, that must be taken out. If I ask you, 'How many people you hate?' You may say just '20 people' and you see the whole atmosphere in all this fills me with such remorse that I just don't know what are we going to do, the Sahaja Yogis! What are their plans? Will you please look into yourself and think what constructive work we are doing and what destructive work we have been doing. You need a big shock to understand this.

I like the way we have programmes and Pujas and all that, but if you ask My Inner Being, I know it is very, very unhappy, very sick. At this time, what you have to do as Sahaja Yogis? As Sahaja Yogis, minimum of minimum you should put full attention and then you have to tell everybody. You see

the trouble with Sahaja Yoga is that you all start enjoying yourself, and then you don't see around what is happening.

Now I must tell you, I am now in the midst of war between myth and reality. Is it an area, is it a - I don't know what should I say - is it within us there is still lurking some kind of a weakness that we do not try to fight our weakness. **I would now request you all to meditate on yourself, and see for yourself what is wrong.**

It's a big shock, and to reduce this shock, what can Sahaja Yogis do? What can they work it out to blast these so horrible ways of human life? It's possible with the power of Love - you can manage! But we must develop that power in our hearts. Think of it! It's a big lesson now for all of us, to see for ourselves - are we alright? Or we go on hating others? What is the function of our mind, is to hate or to love? And this love, if it enlightens you, you will be amazed, you will be such a big force for Me. **I cannot fight the whole thing alone. I have to have people who really develop their love - and nothing else! That is one of the challenges now for all of us, for all the Sahaja Yogis all over the world.** It's not only the fight between believers and non-believers, not only the fight



between Sahaja Yogis and non-Sahaja Yogis, but this is a fight where we are all one and we are going to fight it out. At every stage we have to be much more subtler.

It is very, very essential to see to the point today - are we also part and parcel of that evil thing that is working out. Or are we free from that, and prepared to fight it? It's a big fight and I hope it is conclusive! After this there will be no more of cruelties to human beings, no more fights, because this is a fight between the rakshasas and ourselves. It is not 'ordinary'. And this has to be explained, also to those who are supportive of evil forces. Only thing, you can say 'Mother how are we to know who is against and who is not?' You are knowledgeable; you are

Sahaja Yogis, you know who is on the wrong side. I know Sahaja Yogis can save, and can bring them to the right path of knowledge and love. But - be very careful with the propaganda of evil that is going on.

I want to touch the deepest part of your heart, which should reconcile. I am sure you all will understand the magnitude of danger that awaits! Maybe there may not be any human beings left, maybe there may not be any children left. Because if this kind of thing is working out, it is very difficult, very difficult. My whole existence gets shaky, gets shaken up. You all should see in every nook and corner of life: Where is this talk going on? Where are people talking of cruelty? What's happening. Whatever I think, it's not one, it's not two, it's all of us.

The fight that I am having is of a very serious nature, no doubt. But if you all can fight collectively, how much we can work it out! **All my efforts, understandings, powers,**

everything is now in your hands, and that's what you should be prepared for. Not by just reading something or talking about it; you have to build up within yourself the 'Power of Love'.

I am sure with the opening of the Sahasrara you will do that. But try to read something, to understand something, with the Power of Love. It's a very deep subject, and when you talk about it, half-way I'm inside, half-way outside. But I have to tell you that you all develop this, and only that (Power of Love) will form a very strong opposition to these 'evil doers' as they call it.

My complete blessings are on you, and I want all of you to individually work it out. How many people you love, how many people? This you have to find out.

I hope you people have understood what I want you to do. A new generation is coming up. All of you, all of you, are in My Heart, and I love you very much, and I want you people to come as soldiers to fight with Me. I am also told that there are some people who are forming groups - extremely negative attitude! At this time what we need is complete solidarity. So all such people whom you see, tell them to behave themselves! No use making them Sahaja Yogis.

I am sure - **it's really heartfelt desire of mine that you should become really soldiers of love and peace.** Because that is why you are here, you are born for that. So enjoy yourself.

May God bless you

Shri Krishna Puja

Saffron, U.K. ,14.8.89

Pravachana of Her Holiness Mataji Shri Nirmala Devi

Today we have gathered to worship Shri Krishna's incarnation. Shri Krishna is the incarnation of Shri Narayana, of Shri Vishnu. In every incarnation they carry all their qualities, powers and all their nature with them. So when he incarnated he had all the qualities of Narayana and Shri Rama. Every incarnation tries to rectify whatever in their previous incarnation was misunderstood or carried out to the extremes. That's why they come back again and again. Shri Vishnu is the preserver of creation and Dharma. So when he took his incarnation he had to see that people abide by their Dharma. You have to get your realisation to keep alright and remain in the central path of Shri Mahalaxmi. By the first incarnation we can say that he tried to create a benevolent king as Shri Rama.

Shri Rama was Purushotamma - the best among human beings. He incarnated as a complete human being with all the qualities of human beings. He married the Laxmi principle that is Shri Sitaji. He lived a normal married life. Then he gave her up and lived like an ascetic. By his life he showed how a husband should be with his wife. Later on he had another role to play as a king. When he became the king he found out that people were criticizing him because he brought Shri

Sita back from Ravana. So Shri Rama sent her away. How many people who are in power would be that sensible that they must set an example by their behaviour in a manner that they should be ideals for all other people who are working under them. Shri Sitaji was Mahalaxmi. She understood the whole play and she went away.

As a king Shri Rama taught how to rule the people. He established the ideals of kingship and it is said that the most ideal kingdom was Rama Rajya. Under his rule there was peace, no competition, every one was joyous and happy because he emitted fair play, Dharma, joy, bliss and peace. But people always take to something which is not normal in the case of each incarnation. Because Shri Rama lived as an ascetic, people started following asceticism. People became austere, would not laugh or smile. Everything became very serious. As people did not marry, they lost balance. Marriage gives you balance. That is the time Shri Krishna incarnated to show that the whole creation is fun, is leela. There is nothing to be serious, dry or ascetic. Infact before Shri Rama's time all the saints used to marry. Then also a kind of funny brahminism started. They weakened the caste system which was determined by birth rather than work. The Brahmins started

dominating others. So Shri Krishna came as a son of cowman.

When Shri Krishna was only five, he played all kinds of pranks and did all kinds of leelas like he killed one big cobra snake, he killed many demons with his power in a play. Shri Rama was not supposed to know that he was an incarnation. Even though it was revealed to him by various methods that he was an incarnation yet he would not accept it because he was not supposed to know. Something like Mahamaya. In the same way all the cameras are now giving you all the evidence of the real Mahamaya, what she is like, but one may try to show that you don't remember, you have no memory of it. Because if you remember it, your action would not be human. They would become Divine actions and that may not be alright for human beings because they will not be able to stand it, they will be frightened, there will be such an awe. So Shri Krishna behaved normally like a very ordinary person.

In his childhood he was very fond of butter. Butter is very good for the Vishuddhi Chakra. In the tea add a little butter so that the throat which is dried out gets relief. With the help of his friends he would break the containers and eat all the butter. Then he would tell little little lies. All his pranks, childish sweet lies, were just to create a feeling of understanding. When children are naughty like that

with their mothers, it is considered very sweet. In the Orient they enjoy the naughtiness of the children. The strictness with the children is mostly because people do not love their children. They love their carpets and other material things because they can sell it. They can't sell their children. As children and parents are separated by materialistic ideas, the material things become more important.

Now stealing is considered bad, but Shri Krishna used to steal the butter of all the ladies, who used to take it to a demon in Mathura. This butter was eaten by all the demons and they were becoming very powerful. So he thought better to eat all the butter so that the ladies won't be able to sell it there. Also if you see the significance - we starve our children just to have some money. Money orientation is there with the idea that everything is to be sold. So children become a permanent liability. Children are treated as if they are just burdens. If all the value system just comes down to money then children have no place in the family. According to Sahaja yoga, children are more important than all the wealth of the world and they are to be looked after that way. Of-course they should know what is dignity and how to behave themselves but their little little pranks are to be understood and enjoyed. Only as children they can play pranks and not as grown ups. They should have that much freedom

to play pranks and tricks otherwise they will become very serious people and might become ascetics. Those parents who are very strict with their children are never normal. They either are extremely perverse or they quieten down and cannot face life. Both are of the same style; one cannot face life and the other cannot be faced by life.

You have to treat your children with great love and understanding, but they should know that if they misbehave, this love will be finished. Children only care for love, they don't know money or anything else. The love you establish in your child becomes a very precious thing. Sahaja yoga is based on Divine love and it can only work when people are loving. If they love money, power or their reputation etc. and not their own children or family then they are losing a very big part of their society.

As a king Shri Krishna wanted to establish people in dharma and he needed the help of the five elements. So he made them into five ladies whom he married. But they are the very part and parcel of his being. He was Yogeshwara, absolutely detached in his yoga but for all practical purposes he had five wives and then there were sixteen thousand women who became his wives, who were nothing but his sixteen thousand powers. The Vishuddhi chakra has got sixteen petals, multiplied by the Virata's 1000 petals, it comes to 16000

powers. These 16000 powers were incarnated as women and were taken away by a horrible king. Shri Krishna defeated the king and released these women and gave them his protection by marrying them.

When we have Vishuddhi problems we have to know what are the dieties on both the sides and what are the qualities which are lacking in us that we are suffering. Let's see right side Vishuddhi when we catch. Shri Krishna's essence is sweetness. His power was Radha. Ra - energy, dha - the one who sustains the energy and his power was Allahd - joy giving qualities. Shri Krishna's quality was that he was Yogeshwara - the eternal witness. Now a person who shouts and screams, talks loudly and loses his temper, suffers from right Vishuddhi. One should understand that even if we have to scold somebody we have to say 'what are you doing', in a sweet manner. The best is to give some rest to the right Vishuddhi by observing silence 'mauna'.

On the right side the heat starts coming from the liver. It starts rising, first it goes to the right heart. As a result you might become a very hot tempered husband or father. Then it passes to the right Vishuddhi and you become a very irritable, hot-tempered person, all the time shouting at others. If you use your anger in that manner then that person may be just

frightened of you, might develop an inferiority complex, might become a left sided person. God alone knows what can happen to a person who has somebody all the time shouting at him!

From Shri Krishna's life we have to learn how he used to play the flute and how the whole atmosphere used to become absolutely quiet without any ripple. But in modern times they have the other way round where the right Vishuddhi is about to break or burst, where the music does not bring peace but excites you more and more. Such music numbs the limbic area which is the seat of the Virata, aspect of Shri Krishna. From the right Vishuddhi it goes to the Sahasrara, then you take drugs because your brain is numbed. Then again you feel the drug is not sufficient, you take stronger drugs. You go on like this, ultimately you reach a stage where you are no where. Where it is all self destructive.

Shri Krishna was a divine diplomat. **What is divine diplomacy? You don't have to shout. If you want to bring somebody to some conclusion then the best thing is to first change the subject. That's a clever thing to do. To have a complete rapport with the person one has to play with that person.** One has to know that the essence of all this diplomacy is Benevolence. You have to achieve the benevolence of the whole humanity. If you are doing it you are not doing it for your own gain,

or any particular person. So there is no need to shout, play around with it and bring it to that point which is benevolence. Shri Krishna said, you have to tell the truth, but it should also be pleasing and it should be for the benevolence. Supposing you tell the truth to someone he may not like it at the moment but if it is for his benevolence then in the long run he will feel a great obligation to you that you tried to help him. Even if you have to tell some lies for benevolence, does not matter because Shri Krishna, who is the diety, knows it.

You cannot shirk from telling people what is wrong with them, specially those whom you are incharge like your family, relations etc. It is best to frankly tell them what is right. It is your duty. People escape it also. Many people who don't want to face their children give them toys after toys. **Discipline does not mean domination but it means whatever we do is for the benevolence of your spirit and the spirit of others. That is Sahaja discipline.**

Left Vishudhi is the lightening like a person who can scream and shout and who can expose others as did Vishnumaya. You should not be afraid 'how can I do it'? Mostly the people who feel guilty have lost confidence and the ego has entered the left side. It's a very complicated situation. We should be on the look out that we are not feeling guilty. Guilt is just a myth.

We want to escape reality that's why we say we are guilty. You have to face the reality. Try to find out what's wrong with you and others. Because Vishnumaya is nothing but like electricity. Electricity exposes people, she screams and shouts at people, roars at people. If you have a left Vishuddhi you have to use these methods. The person who has a left vishuddhi should go to the sea and address the sea, "I am the Lord of the sea, I am this, I am that", loudly.

The power of Shri Krishna in the right side of the throat is over the vocal cords - the power of sweetness. The same thing happens with Vishnumaya too. Vishnumaya is the potential power but she uses it to scream and shout, to show her existence that she is there. Now all these miraculous photographs you get are because of Vishnumaya. She is the one who acts as electricity and she is the one who manages all these things. Though she is the sister of Shri Krishna, she is very subtle and she helps you in a subtle manner. Now this microphone has electricity in it and you will be surprised that vibrations are passing through it. From here they are going anywhere you want them to go. You can put a computer on the other side and computerise them. It is such a remarkable thing that the one who is supposed to scream and shout and roar is the one who is on the left hand side so that it exists in a potential way in the people who are feeling

guilty, who are suffering from inferiority complex, who are sly, who feel they are good for nothing. See the contrast. Her power expresses in a person who is not self confident and then she asserts her power by which people become self confident.

When we talk of Vishnumaya we have to know that she is seated there. Any moment we decide we can become great speakers, we can expose people, we can be like lightening, we can be like thunder but normally we are not. So this gives balance to both types of people. In the centre when the kundalini rises most of the people have their vishuddhi caught up, so they have to see that they are not guilty, that they are completely in balance with themselves, that they are in the central path by which they become sweet, kind and nice. There are many people who are artificially sweet to exploit others. Such people will go to hell because they are using the power of Shri Krishna in a very absurd manner.

It is important for us to understand that our Vishuddhi is to be kept clear. First of all we must have a very beautiful and a clear heart where there is the fragrance of Shri Krishna's melodious music. Improve your Vishuddhi, work it out, look at the Virata and find out what's wrong with you and correct it for it cannot be done by any one else. See that you have a full idea about yourself. That can only

happen if you have a good vishuddhi otherwise you can never see yourself because at the vishuddhi point only you become the witness. If you have achieved the witness state then you can see in your vishuddhi, what's wrong with you, what's wrong with your problem, with your atmosphere and everything. So today when we are worshipping Shri Krishna, we should know that he ultimately becomes the brain. The fat of the stomach goes in

the brain. So Shri Narayana enters in the brain becomes as Virata - Akbar. When he becomes Akbar then he is the brain in the matter. That is why people who worship Shri Krishna become brainy people without ego. Their brain develops and they have no ego about it. Egoless intelligence which I call as pure intelligence starts manifesting.

May God Bless you

First Know Thyself

Porchester Hall, London - 1.8.89

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

At the very outset we have to understand that truth is what it is. We cannot conceptualize it, or organize it, or use it for our own purpose. Moreover with the blinkers on both the sides like a horse, with all our conditionings, we cannot find the truth. We have to be free people. We have to be open minded people, like scientists to see for ourselves what is the truth. If somebody preaches, professes or says something, is not to be accepted blindfolded. The essence of all the religions is to find the eternal and to treat the transitory in its own understanding and its limitations. That's why we have lost our balance. If we are really the people who want to know the truth, we have to know that at human awareness we cannot know it. It becomes a concept. You have to have the spiritual awareness. This spiritual awareness is a state of your being, where you can become the spirit. It is not artificially certifying somebody that now you have become a Hindu or a Christian or a Muslim or become anything. You can commit any sin, you can do anything that is wrong because you are a Hindu, or a Christian or a Muslim. Nothing from inside is going to stop you. So all these things have become so much outward

that now there are people who have started saying that there is no God. There is nothing like religion. It is not true.

First of all you say there is no God, you should find out, have we been able to find out about it or in our ego we are saying there is no God. Have we been able to work it out to see if there is God or not? You do not judge God from the people who talk about God. Anybody can talk about God because they think there is no law that can catch them. They can talk for Him, against Him or they can do what they like. They can even make money by talking against God and against all the Prophets.

So first of all we have to be a little independent to be free. To know that if you have to know the Spirit - Know Thyself - and you have to know it on your central nervous system. As I can feel this is cold or hot, you have to feel the Divine Power which is all pervading, which is the Truth, which manifests the Truth because it is the love of God. You have to first feel it on your central nervous system, which is the bodha.

One may say that in the West we have advanced so much, or we have

gone too far with everything. But if you see when we started with science what have we produced? Hydrogen Bombs, Atom Bombs and all kinds of devils sitting on our heads. Any enterprise we take, we go to extremes. There is no balance. Any mental projection is linear. It moves in one line and then recoils back and then you are shocked. Now you have got acid rain. You have produced machinery. Machinery is for you, you are not for machinery. And thus there is no balance between you and the machinery. No balance between you and science. It's just like going amuck with anything that you get in your hands. And this balance you get when you become the Spirit. You see beautifully made chandeliers here. But unless there is light, they have no meaning. In the same way, if you do not have the light of the Spirit shining in your attention, you will not know your meaning. Unless this microphone is connected to the mains, it is useless. Unless we are connected to the mains, we do not know the Absolute and that's why all these problems are there. When I talk about the instrument which lies with us, one has to know that this is the knowledge of the roots, for which you have to become a subtler personality. Through the gross mind you cannot see it. To become the subtler personality, you have to know the roots. Something has gone wrong some where in every

human enterprise, even in religions. That's why today we find this kind of a farce going on. And what has gone wrong is that we have to seek the Eternal. May be it might look a little different. For example - Budha and Mahavira did not talk of God at all. I also did not talk about the God for four years.

As soon as you talk about God, people start jumping that when can we become God. So first you become the Self - the first step. They said first you become the Self. Unless and untill you have your eyes, how can you see the colours? It is for your benevolence, that you better get what you deserve, what is your own, is your birth right as a human being, i.e. to become the Spirit. That is what Sahaja Yoga is. 'Sah' means with, 'ja' means born. Born with you is the right to get this yoga - the union with the Divine. It is your birth right as a human being. You are the epitome of evolution. And it has to work out, but please open your hearts and open your minds, and then see for yourself. I know, it will work. But by thinking about it you cannot conceptualize. This is the biggest problem of our seeking that we run after some sort of a concept.

Now you have seen the instrument, which is the most beautiful instrument that is created within us during the process of our evolution. The first one

centre is the most beautiful one, because it stands for our innocence. This innocence is the one which gives us real support, real strength. It may be overshadowed, there may be clouds, maybe you are a hopeless case. Some people might say, that we have destroyed our innocence. Whatever you might have done this is one centre which cannot be destroyed. You may have problems with it, but it cannot be destroyed. It is such a wonderful centre, which has got four petals, which looks after the pelvic plexus.

In our freedom, we do all kinds of things which may not be benevolent for ourselves. Doesn't matter. Kundalini cannot be destroyed. The source which is going to give you the self realization, I say, she is your individual Mother. And this Mother is a loving Mother and She knows each and every thing about you from your past lives. She is just waiting for a chance that She can be awakened and She can give you your second birth. She is a Divine Mother. She is not going to give you trouble. But these problems that have come are coming from people who have no authority, who have no education, who do not know what Kundalini is.

Kundalini will never give you any problems. On the contrary when she rises and when you get your

awakening the first thing that is established is thoughtless awareness. For a thought rises and falls and the Kundalini makes the thoughts smaller and in between at the present. It makes you stop in the present and you grow in the present. If you want to think you can think, if you don't want to think you don't. This works out when Kundalini crosses the Agya Chakra.

So what happens in the second centre, when it enters is that you just become dynamic, because second centre is for aesthetics and for creativity. My brother, a chartered accountant, was very bad at all the languages. Now he's making poetry in Sanskrit and Urdu and also in Marathi which is the most difficult language. When the Kundalini rises, it nourishes that centre, like a very beautiful mother She nourishes. After realization, Amjad Ali became a great artist. Because the Kundalini goes up and the creativity becomes so tremendous and active and so dynamic. At the same time that person becomes very mild, very sweet, very compassionate.

So this violence, this anger, this temper is not your creation. It's the creation of your liver. Now when the temper is there you don't know what to do. You are like a drunken personality who does whatever he likes. But all this temper everything becomes so

cool and beautiful. It's very surprising that a very dynamic person becomes very compassionate. Now, also they say that certain nationalities have got special traits. Everything dissolves. Because of this centre which is so creative, and which also gives you the manifestation of pure knowledge, you start feeling on your central nervous system. You start feeling on your finger tips. Like somebody came and said to me - my Agya is catching. It means, I've got my ego on. Would anybody say like that? On the contrary if you tell somebody you've got an ego, they'll show you that they have their ego on. It's very dangerous to say to somebody your ego is on. But because of self-knowledge you know that Mr. Ego is sitting here and I cannot cross through, as there's a blockage here which I have to take out.

It's so innate within you and once the connection is made, immediately you know about yourself and this centre which is responsible for creating all kinds of funny thoughts and horrible creativity, becomes so benevolent, so soothing, so beautiful. Apart from that these people who could not say one word in the Hindi language, they have started singing in Sanskrit. So in Sahaja Yoga an artist who is struggling today may become a great artist. But still I would say there are temptations. You'll become a great artist, you'll start earning more

money, etc. But that's not what you have to be really satisfied with. You will never be satisfied.

So now we move to the third centre which we call as the Nabhi Chakra. This centre is made on one side of water and the other side of fire. Around it are ten valencies, our innate religion within ourselves. This Nabhi Chakra or solar plexus gives us religiousness as soon as Kundalini rises and the light spreads in this centre. Overnight people have given up drugs. Overnight they give up alcoholism, everything. And the best part is that they enjoy their virtues. Some people think then what is the fun, what is this that you take something in the pub and the next day you have a hangover. Here you take something and next day you are much better off. It never comes down. It never gives you a reaction. Its not artificial. It's not intoxicating. It's from you, it's bubbling out.

Here we have a capacity that we enjoy our generosity. Now all matter whatever it is, we are materialistic. But the aesthetics of matter is that you can give it to others suggesting your love in it. That's the only thing that matter can do and in a very special way you can express that love. The feelings that you have expressed of knowing what that person would love and this kind of a depth develops within you with such a lovable beautiful society, you enter into

and you don't need anything because everybody is looking after your needs.

The joy you are giving comes from this centre. You don't have to bother as to what to eat. You just eat whatever is good for you, benevolent for you. You become so wise and also you please others. You don't displease others by saying this is bad food, I want that. 'I want' goes away. Like a candle which is not enlightened is asking for light. I want light. But once it is enlightened it gives light to others automatically. In the same way you also start giving your light, your love, your joy to others automatically. Nobody has to go through any ten commandments anymore. Those days are gone. Now automatically you become like that. Very beautiful people, very affectionate, and very glorious.

See the glow on the face of Sahaja Yogis. The face itself is radiant. Many people drop out ten to twenty years in their age and they are so enthusiastic. They never get tired. Specially in the west people get very easily tired. Young people too. Why are you tired? Because we think too much. All energy is wasted in thinking, so no energy is left to enjoy anything whatsoever. For example - you invite people for dinner. You think what to drink, how to make the food warmer, what to do, etc. etc., so agitated and so nervous about the

whole thing that when the guests come in, they feel like running away, because so much of tension of thinking and planning is generated. Ultimately the whole joy has disappeared.

So the second centre does a very miraculous thing, that it provides the grey cells in our brain, when we are using it for thinking. It also looks after your liver, pancreas, spleen, kidneys and part of your abdomen. But instead of doing that, it is busy sending grey cells to your brain because you are thinking and thinking like mad. So you develop all other diseases, liver troubles and then you get diabetes. Now diabetes you do not get by taking too much sugar. In India, in the villages, you see that they take sugar in such a manner that the spoon stands up in the cup. But they never get diabetes. The reason is that the villager doesn't think of tomorrow. He just works hard, eats his food and sleeps off. He doesn't take sleeping pills either. So this diabetes comes by over thinking and can be easily cured if you take to Sahaja Yoga.

Then the third disease which is even more dangerous is blood cancer. Blood cancer is caused only to people who think too much. It can even be to the children if the mother is very meticulous. Particularly about her carpets, her house, everything, that

even a rat doesn't enter that house and all the time thinking and planning. This affects the child and the child also can get blood cancer. Blood cancer-one gets because your spleen is a speedometer. It's the one that gives you the rhythm of life. When we are hectic people, all the time under shock, then this goes out of order. For example, in the morning we get up, see the newspaper and news of someone killed, or an accident. Such a shock. Newspapers never give good news. They never report how many people got realization or something is working out alright. Something horrible that shocks your head, your limbic area, otherwise you won't take it seriously.

Your system is a very delicate system, it gets a shock. So then you get into your car without taking your breakfast, or maybe in your hand is the breakfast, because you are late. On the way there's a traffic jam. You're shouting and screaming. Some how or the other you reach the office and there's a boss barking. This is how we live under complete tension. We are supposed to be free people. In the night if you sing loudly the neighbour will come and put you in the police station. You can't do anything. There's no freedom. You have to be bound by the watch. This is the exact time you have to reach there. So all these things work on us and we become

hectic and for emergency this spleen is the one which releases red blood corpuscles. But if you're all the time hectic then the poor spleen becomes mad. It doesn't know what to do, and starts producing more and more cells and then thinks that it's a mad person I'm fixed with, because I don't know when to act and when not to act. So the vulnerability is there and suddenly with some other shock he might get blood cancer and the doctors will certify you are going to die after one month. But Sahaja Yoga has cured blood cancer of many people. Because as soon as the Kundalini is awakened, too much movement this side and that side which is going on all the time, subsides. The Kundalini passes through and brings it back and nourishes it. Even vulnerability to cancer and to all incurable diseases are because of these centres going out of place.

Now we have the heart centre. It controls left and right side both. As you know the sternum bone creates the antibodies and they fight the diseases. This is the centre of our mother. When your mother is challenged you develop breast cancer. Supposing a man is a flirt and his wife is worried, she might get breast cancer, because her motherhood is challenged and her sense of security gets very disturbed. As a result of that she gets this problem. Also you think

too much and are very right-sided and futuristic. Like people who plan too much. They plan ten years ahead. Even their deaths, what dress they are going to wear and where they are going to be buried. All this futuristic planning creates such tremendous heat in the body because the liver which is supposed to absorb all the heat is neglected by this centre and as a result the heat travels up and you develop asthma.

Asthma is very easily curable. The right heart is the centre of the husband

or-of the father. If you are a bad husband or if your wife is a shrew, or if you are a very bad father, or if your father is not kind to you, you may develop asthma. Or if you have not forgiven your father you may get asthma. But the relationships of our parents we have chosen when we came on this earth. I know they may be wrong, or obstinate, or headstrong. They may be drunkards. But even if you leave them, still forgive and forget. Otherwise you carry the problems with you.

Puja at Alibaug

17.12.89

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

Welcome to you all. So now we have all arrived here and we are going to start this pilgrimage by travelling together. The journey is of a very subtle nature and if you realize why we are here, you will realize that the whole nation is watching you all, is trying to help you that you should ascend and that you should feel your depth and thus enjoy yourself. The travel may not be very comfortable. The roads are bad etc. It is a journey of our ascent.

In the West we have become very speedy and to bring down this speed we have to use meditative process so that we feel our peace within ourselves. Also the thoughts are bombarding our minds and we react very fast to others and to these thoughts. So one has to be aware, one has to know what is happening within yourself. That the thoughts are bombarding you. You are trying to ascend and you find it very difficult to get rid of the thoughts. **The thought process can start by your conditioning or by your ego. These are the only two problems.** You are the one who is under the challenge. So you have got these simple people in the village who start watching everything but they do not react. **If you**

do not react then your thoughts will give up.

So the first thing should be to watch yourself that you are not reacting. But you are experiencing and enjoying the silence, the subtleties, the beauty, the glory of your being as well as, whatever is around you. You don't have to force yourself to break this habit but just to be on the watch out. It is not necessary to talk too much about it also. Nor is it necessary to think about anything, because supposing you see a tree, so it is a tree only. What are we going to think about it? And whatever we may think about it, its going to be the tree. So there's no harm in appearing a little bit stupid - doesn't matter. The basic thing is that when we start analyzing we are breaking our own nerves and poisoning our own mind and brain. **So to watch something without analysis, without thinking about it, is Reality.**

If you can achieve that point, where you watch everything without reacting, you are in Reality. And then only the penetration into the subtleties of your surroundings, of your relationships, your friendships, the whole universe dawns upon you.

That's why I have said that in this pilgrimage, the first thing that we have to remember is that we have to be aware ourselves. But when you are only thinking about others, how others have to behave, they should do like this or that, leave it to your leaders to break their heads. That's not your job. It is a headache for them I know but they have to do it. Why do you want to break your heads for nothing at all? So to judge others, to think of others, what they are doing - what's wrong with them, about anything whatsoever you may think is wrong - is not going to be corrected. Like I know some people who are specially bureaucrats. They are travelling, supposing, by the car. Then they will say, "I think, you see this road should have gone this way, or I think it should have been nice if this house was facing the other way round." But it's not going to change. It is going to be the way it is. So what is the use of wasting your brain, your mind, your thoughts in suggesting something which doesn't work out and is never going to work out either? So when we start like "I think these trees should have been little taller" but they are not. **So just accept it.**

Acceptance is the way we are going to enjoy. But acceptance doesn't mean tolerance because tolerance means you have to work very hard to accept that the trees are of the same height. It is too much for

you. When you say I have to tolerate it because, you see, my mind doesn't accept. **So accept as it is, whatever you see; that is how people grow.**

I have seen those who start accepting, that's the sign of their strength and their depth. Like the propensity of this Mother Earth. She is what she is and she bears whatever is there. If you put a heavy thing on her, She will put an equal and opposite force and bear it. She doesn't say I am tolerating it. But she is just accepting it. **So the witnessing and awareness develops when we start just accepting things as they are.** "I think", doesn't work out. "I think it would have been better like this," doesn't work out.

Then the second problem is "I like". Now I like to eat a cake, but there is no cake, so what to do? Now whatever is there, enjoy it as a cake. But if you go on thinking like that "like". What is there, you can never be happy. As simple as that. You have to say that "whatever is there I like". I enjoy whatever is there. Then that's the Reality. Whatever doesn't exist, if you like it, so what can anybody do about it.

It works out in so many ways. In so many facets in life that advantage is taken by people because we become so vulnerable to our likes and dislikes that the entrepreneur takes over and

they create likes and dislikes in our head and put ideas everyday. I have seen it how they do it. Through television, through newspapers, through this and that. So when you say, now I like this. But from where this liking has come is the conditioning which is put into your head. So you are a slave of that conditioning. I only like roses and I don't like any other flower. Well, why? Why don't you like any other flower? By this conditioning, we miss the joy.

The second part should be that **enjoy within**. Why am I here? It's not a comfortable place by any chance, so why am I here? To enjoy each other. To enjoy your own being. The more diversions you have outside, appealing to your ego and your conditioning, the more your mind is busy with that, then you cannot enjoy anything.

So we come to the other conditioning which is very subtle, that I am an Englishman or I am American or I am from another city and then better form a group. The grouping starts in a subtle way. It is a kind of insecurity. So we start clubbing. Animals do that very often. They have to do it because their sense of insecurity is quite a lot and then human beings also do it but not the Saints, not the Angels. They don't form groups because they have no nationality. **Nationality is also a**

conditioning. They do not belong to any one country. So now those who have come by plane, had to come because from every country there's one plane by which they come. You must know one thing that now we have landed and **we are all Sahaja Yogis here and forget your countries - Mix up with other people. Please do not form groups**. There is no need at all to form groups. I would request you that in the buses because it starts from the airport we start forming groups and it continues till the end, till you go back. I think it would be a nice idea to break that and let people sit together, of different countries and different nationalities and talk to each other. Try to know about each other. Try to find out about each other, and not just what you know from the newspapers but different problems of Sahaja Yoga. What are the problems of Sahaja Yoga in a particular country? What happens in a particular country?

Worst of all is the conditioning of reading also. Reading without light is useless and some people still may have a habit of remembering something they have read and a kind of "Show off" as they say. It's better to listen to others. Let others talk.

In Sahaja Yoga, on what subject you will discuss, I don't know. How can you discuss on anything? Now you see this one as a green thing. Now what can you discuss about it? Let's see, it

is green but there is - another one who says "No, this is green, but". One may go on like that. **There is no need to discuss in Sahaja Yoga.** I just don't know what are we going to discuss. You know everything. You know how Kundalini rises. You all know how Chakras are cleared out. You know how you get realisation. You all know who catches what and you know that how it effects. Now if that is the fact, if that is the Truth, that is what it is. What are we going to discuss about it? Discussions are over now. You are gnostics. You are knowledgeable people. You have the knowledge but the knowledge that you have is shared by every one of you. **At the most you can talk about your experience. You can talk about your relationships, how you have enjoyed but there is nothing to discuss in Sahaja Yoga.** I have heard about people who are discussing. I just don't know how can there be a discussion about Sahaja Yoga.

Discussion is just trying to show that you know better than the other or you can give another opinion. In Sahaja Yoga, there is no other opinion. If someone has a Nabhi catch, he has a Nabhi catch. What other opinion can you have? So then we finish with different kinds of arguments and discussions and things. May be somebody goes off the track - may be. But you all know he is

going off the track, so what's the use of discussing? You all know that what he is talking is opposite the track so it's all right. You come to the conclusion. Yes, we know, we know. But to discuss it out, there is no need. Once you know and it is in your awareness, the Param Chaitanya will take care of it and you won't have to bother at all, how to correct, how to mend it or what to do. That is not your work. You just leave it to Param Chaitanya and it will work out. So here we have come because this country has been very much blessed by so many Saints and Yogis and you can see it in the people how they are and that's why despite all poverty, despite all kinds of discomforts, and despite the fact that they have not known any Western great things, they are not bothered. I went to Russia, of course Russia was great and so many got realisation and I was really surprised how these people have come to Sahaja Yoga and accepted it!

The villagers in India may not be Sahaja Yogis, but they respect the Saints. To them a Saint is more important than anything else. Nobody will ask you for anything. Even if you want to give them, they will not accept. So that basically I think there is difference which we should understand that materialism works much faster in the West than in India. And one has to be careful on that

point. I am bringing you down to that point now, that are we getting lost into materialism? Of course, you know that I am a great shopper. I have to go on shopping. And I shop for all of you. But the difference between my shopping is that if I am shopping for all of you, I am going there because I know I will get things much cheaper, and of a better quality. All the good things will be there available, because I am there. I will be able to get things for all the people because I love all of them for whom I have to buy. It always happens like that. When I go out for shopping, even if I have to find things for 400 people, I get the things there all right. That's why I have to go. When you go then you have to think what we are going to buy. I have seen that Sahaja Yogis will buy things for non-Sahaja Yogis. We have to know that we are one body and as this hand must look after the other hand, when we go out shopping or do anything, we should always think what we are going to buy for other Sahaja Yogis.

You must remember that you are on a pilgrimage and should be able to grow in your awareness. **If you cannot grow in your awareness, it is useless.** Once you start thinking like that, you'll be surprised how much you will gain and how much you will achieve.

There are no do's and don'ts in Sahaja Yoga. And I don't think we have much discipline of any kind either but it is Sahaja Yoga which somehow or the other disciplines you. I don't have to tell you anything. It's like the fire. If you put your hand into the fire, it will burn it whether you like it or not. In the same way, if you do anything against Sahaja Yoga, you will have to pay for it. You definitely don't want to lose your vibrations. You don't want to become unhappy but this time with a much deeper understanding and reverence to yourself and to your ascent, you have to take a very joyful serious attitude.

May God Bless You



Navaratri Puja, Loutraki, Greece, 21-10-2001

