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The Divine Cool Breeze



My simple desire is that everybody must love, pure love will change your life. It will change the whole world.If you have love, you can correct people without saying anything to them because love is supreme intelligence. It gives you all the correct methods.

Her Holiness Mataji Shri Nirjala Devi
Birthday Felicitation, 23-3-2002

पिताजी की निर्मला देवी की 79 वीं जन्मदिन





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THE DIVINE COOL BREEZE

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NEW YEAR PUJA

Kalwe - 31.12.2001

*Pravachana of Her Holiness Mataji Shri Nirmala Devi
(Translated from Hindi)*

I am late today but the power of your love has brought me here. Your Mother was slightly unwell but Her will power is tremendous. Everything is being managed with this will power. I wish you all also get the similar tremendous will power.

What efforts you have made in this direction? You have to think yourself. Look within and see how much hard work you have put to achieve it. All of you should meditate, attain depth in meditation and think that you are a saint. What should you do? Mother has made you a Saint. Now what steps you have to take to go into depth? You have to cleanse yourself. There is no doubt in it, but what more is to be done? You have corrected yourself, cleansing has been worked-out and you have reached the state of perfection. After that what are you doing? Even after that you only go for meditation and attend Sahaja Yoga programmes and everything is confined to that only. What have you done ahead of it? It is a boon of the Divine

to you. The Divine has given you the second birth. Now you should see what further steps you are taking. What progress are you making that entitles you to confine this power to yourself and to your children? It is very essential because I have seen even after getting self-realization people are not fully cleansed. Perfection should be there. Until you work for Sahaja Yoga in collectivity you cannot know the negativities that are still left in you.

It's surprising that people come in Sahaja Yoga and make money in it! There are so many such people who come to Sahaja Yoga and make money! No doubt, they get exposed later on and are put in trouble. So what's the use? You have not come here to make money. You have come to attain your ascent. So you must follow 'Dharma'.

I heard that many Adharmas (sins) are dominating the Mumbai City. These Adharmas were not there during last 20/25 years. Present day Cinema is responsible for it. No purity is left in

the films and we should not see them. If all of you do not see these movies then they will flop. Otherwise too these are not successful. People do not like indecent films. They prefer family movies. This is one factor. In addition to it people read nasty and indecent literature. I know you Sahaja Yogis do not do that. Many obscene articles are published in newspapers.

So first and foremost thing is that we should purify ourselves. People keep on staring all around very shamelessly. Those who stare shamelessly are not Sahaja Yogis. **Eyes should be stable and pure. This is the first sign of a Sahaja Yogi.** If the eyes are not yet stable, if these are still adulterous then such a person should be told that you are not a Sahaja Yogi.

Second is greed. If you are still greedy then you cannot become a Sahaja Yogi and this greed will definitely expose you one day. You should get rid of this enemy-greed. But Shri Krishna has said that the first negativity to be got rid of is 'Anger'. So long as you get angry, you are not a Sahaja Yogi. No one has ever seen me getting angry. People say, 'Shri Mataji, You never get angry'. Some times certain incidents are enough to

push you in the trap of anger, but I say, what is the use? There is no use of getting angry. Today I have to tell you that look within and see yourself that which are the weaknesses still left in you. This is what we say, 'Cleanse your self' so that 'Nirmal Tatwam' (Element of Purity) awakens in you. This Nirmal Tatwam will destroy all the negativities that still exist. What is the use of clinging on to these negativities? None has so far benefitted from the negativities. Most of the negative people landed in jails and those who escaped, somehow, people spit at them.

So I have to tell you that do not look at the faults of others. Look at your own faults. "What negativities still linger in me? Do I get angry? Is there lust in my eyes? Am I still attracted to material objects? Do I want to buy this, buy that? I should bring this, that!" This tendency was paramount in America, but America is now under the pressure of the severe blow. Otherwise they used to shop like mad people. They used to go to the houses of different people! If at all you have to buy, then buy hand-made things which have imaginativeness and which exhibit your creative power. But no one buys the artistic objects made by poor

artisans. People go on buying useless things. Buying of these useless objects will neither do good to you nor benefit the fine craftsmen. I wish your outlook becomes artistic, and you bring home artistic objects only! People will have half a century utensils but not a single one is artistic! Articles made by artisans should be respected. If you are a Sahaja Yogi, you should not go in for meaningless unartistic objects. I have seen women purchasing saris. Sari after sari they buy, but all useless! Funny designs are made in them-all ghostly. Two beautiful artistically made saris are better than having fifty saris.

In our country people still appreciate art. We have to know it, understand it. I find that people paint their houses with strange ghostly colours. There are ghostly decorations. You are Sahaja Yogis; you should know what object is full of beauty. You should have the knowledge of aesthetics. Only then you could make your lives beautiful and whosoever comes across you will say, "Oh, what a fine gentleman! Very aesthetic"! The way you make yourself aesthetic you will also decorate your houses and the whole atmosphere. This is the first sign of a Sahaja Yogi. **If a Sahaja yogi does not maintain himself in a**

dignified way then he is useless. He should dress up nicely, talk nicely, behave nicely and decorate his house with things aesthetically made. One could decorate the house with flowers as well. You could have a small garden in your house. I mean to say, Sahaja Yogi should have the knowledge of aesthetics. Generally people fill their houses with useless things because markets are full with those objects. It will be better if you burn down all such useless objects and make a fine Holi of them.

Plastic is much in vogue now- a-days. Even the glasses are made of plastics! That is too much. I cannot use plastic. Sarees are being made of plastics, everything of plastic! Plastic is so much in use that there is every possibility that it affects the health of human beings. Children die because of this plastic. So we should try to avoid plastics as far as possible. But plastic is dominating the whole scene today. In Mumbai people get their sofa sets made of plastics. Plastic to sit upon, plastic to wear, plastic to walk upon and now in a short time they will make cars of plastic! You are Sahaja Yogis. You have nothing to do with plastic. I do not mean that you should move in a cloak. Sahaja Yogis should not do that.

They should dress up properly and live nicely. There is absolutely no need of hypocritically looking like Sanyasin or Sadhu Babas. But do not use anything which is not beneficial to you. You should avoid such things and protect your children also.

The second point is that everyone wishes me to come to his house. Have you done any extraordinary thing that I should come to your house? The other point is that everyone wants to come to my house. Where ever I may go, people do not let me live in peace. Still you have not done any thing extraordinary. So let this desire be there and ask yourself, "What is my state, what is my desire?" Why should you have such a desire which makes your Mother uncomfortable? You should not just try to impose yourself on me. Why should you do like that? **Any where you come from, you just stand before me! Please do not do that. If there is no contentment (समाधान) in Sahaja Yoga then it is useless. Where ever we are, Mother is with us. That should be the state of faith in us. It will help you ascend. Faith contains everything essential for progress. There is absolutely no use if you are not established and yield to all sorts of pressures. In the**

state of connection, where ever you are, Mother is there. When you realize this, only then you will be considered as a Sahaja Yogi. An established person has no need of coming before me or coming to the stage. I know about everybody. But with faith you could attain me in your depth and I can identify you. I wish you all attain that state of ascent and get established. Get established by your efforts. Be active in Sahaja Yoga and work it out. You will get established and will not feel like bothering the Mother with everything or always stand before the Mother. Often I have seen that those who always try to keep themselves in the forefront are either thieves or dishonest people. Those who are clear-hearted and established in love, enjoy their state. You all receive vibrations from me, so now it is my request that you should keep yourself cleansed. If you are not cleansed then your negativities affect my health. So tonight you have to resolve that we shall get so much evolved that our evolution pleases the Mother and transforms the whole world.

Today you have been sitting for a long time. Some of you might have

left. This is the sign of a Sahaja Yogi. You are sitting here very peacefully. In the beginning there used to be lots of noise. People used to talk very loudly.

Now you are sitting so peacefully! This is very heartening to me.

May God Bless You.

Pravachana delivered in English-Kalwe Puja

I am telling them that how a Sahaja Yogi should feel. You should be satisfied people. Firstly and foremost you have to be satisfied. You just see within yourself if you are satisfied or not. You got the highest that you wanted. You have got the peace, you have got the joy and all the blessings of the Divine. Despite that if you are dissatisfied, you want to do something always that is disturbing!

Always some people want to show me off or to come forward, or they want to escape Sahaja Yoga. Firstly you must spread Sahaja Yoga. How many people have you brought to Sahaja Yoga? Just think of it. You are Sahaja Yogis, Sahaja Yoginis-means what? You are saints. In this world all the saints, who became saints with very great difficulty, going through lots of tortures, have done so much work. One single Saint has so many people whom he has attracted. Of course he could not get them realization because I have not taught him how to do that. But you just find out what you are

doing about Sahaja Yoga? Only meditation is not the point. Meditation for what? For equipping yourself to help others. We need it very much in this Kaliyuga, people who will go all out to help. On the contrary I find that they are very anxious just to meet me, to see me. I have seen all the Indians who come to Cabella must meet me, must-see me, as if they have the special right! What is the need? What is the need to meet me? But this is the trouble of say our conditioning that supposing there is some leader, some Minister coming. Everybody will go and show off, that to meet him and talk to him but not a Sahaja Yogi. You must have self esteem, self esteem by which you should know what is your dignity and how you should be. There are Sahaja Yogis who are excellent, who are very good, who are very self satisfied. I know who they are and you have to be like that, otherwise you cannot enjoy Sahaja Yoga. You are like all other people trying to indulge into all non-sensical activities. Now, today it was a real test because I

just could not come earlier. You know what is the traffic now a days! I just could not arrive and still you are sitting here! It gives me great satisfaction that they really love me and that they are really Sahaja Yogis. *If you really love me, you must love others who are not Sahaja Yogis and try to give them realization.* Because you know my age is quite a lot and how far can I go. I am not going now to many countries but Sahaja Yoga is growing fast, though I am not there. It is growing, why? Because people of that country understand their responsibility. You should know what is your responsibility. It is not only towards yourself but it is for the rest of the world. You have to work it out and do something. Whatever people you can approach or whatever people you can meet, go all out. I have also said before that I have seen people who go to some horrible gurus, go on talking about their guru, describing their guru. Anybody who meets them, they go on telling, not the Sahaja Yogis. I don't know, may be they want to preserve their realization? They think that if they tell somebody their realization will drop off. If you don't spread Sahaja Yoga what is the use of getting your realization? All my labour is wasted on such people who are for themselves. They want something for themselves. Now for

example so many girls wanted to marry, there are 4 times more, 5 times more than all the boys but if they are not married, they feel unhappy about that. Does not matter. You are now connected to God. Marriage is not always a very great bliss, I tell you. It's not. On the contrary it can be very binding. Could be very troublesome. So better not feel bad. If you feel bad then you cannot give realization. How many people you have given realization? Just think about that. All the time like all ordinary people thinking about marriage and this and that, is not going to help you. You are something special and what speciality do you have? What are you doing about it? I am sorry at the end of this our great Ganapatipule, I have to tell you this. But somewhat some times one has to tell.

I know you are all very good Sahaja Yogis. Also that you have achieved so much, but what is my desire is that all of you should become like a light and start spreading Sahaja Yoga. In some countries it has happened. It is working out and people feel so responsible. I am amazed at them that how they are spreading Sahaja Yoga! Now the same request I have to make that please look at yourself. Introspect. What have you done? What have you achieved in Sahaja Yoga? Such a satisfaction lies when you

really-really work hard to spread Sahaja Yoga. **Many people think that coming nearer to me, I feel pleased. I am not. That's no recognition. You should never do that. On the contrary when you grow really. I will know myself.** Today is not the day I should have said all this because it is the day for New Year. But only good decisions are to be taken on the new year's day. That's the custom with human beings. So today you all have to take the decision that what are we doing for Sahaja Yoga? What are we giving Sahaja Yoga? What is our achievement and what are we sharing with others? It is the greatest truth you have got. Nobody got it. **People worked so hard, did so much. Nobody could give realization. It's only you who can give realization. Very surprising! Kabira could not give realization to anybody. Gyanadeva could not give realization to anybody.** All of them have been great-great saints of great value system and with great understanding. Whatever poetry they have given, people are singing, that's all. But they cannot give self realization which you can do. With all that power if you are not giving realization, what's the use of giving power to someone like that?

So today's new year's message is

that next year you must give self realization to many people. How many people you have given self realization, that's the main thing. Just find out what you have done throughout the year? I don't know how to count it. But you yourself count what have we done all these years? What have we achieved? **Attending my puja is no favour to me or doing anything for the puja is no favour to me. My greatest puja is that of human beings and if you can achieve and spread Sahaja Yoga that fast, I will be very-very grateful to you.** I worked very hard. I have really worked very hard. This body, this mind, all my health, everything I have done for saving people and you please also tonight decide and take a view that what Mother is saying is very important and precious. We have to, we have to rise and give realization to people but which is not so common. I am surprised why people are behaving in this manner who are realized souls!

All my blessings for the new year. For all of you happy new year, but the next year should be full of many Sahaja Yogis who have done work and who have achieved something great.

May God Bless You.

MAKAR SANKRANTI PUJA

14-1-2002

Pravachana of Her Holiness Mataji Shri Nirmala Devi

The meaning of Makar Sankranti is Samkaraman i.e. the day when the Sun passes from one sign of the Zodiac to another. On this day the Sun starts its movement towards the North of equator. In India the dates of all the festivals are decided according to the position of the Moon. That's why their dates change every year. Makar Sankranti is based on the position of the Sun and that is the reason that this festival is celebrated always on 14th of January.

Makar Sankranti indicates that from this day the Sun will get warmer and warmer. The heat of Sun is beneficial for mankind. All our movements depend on this heat. But the impact of the heat could also excite anger in us. That is the reason that on this day we eat jaggary (Gud) so that we become soft-spoken.

Because of the warmth of the Sun all vegetation and wealth grows on the earth. Fruits and vegetables are offered to the Goddess, on this day, to invoke Her blessings. By the blessings of the

Adishakti, the Earth element gets calmed down and human beings thrive.

The festival of Sankranti has cultural significance too. It is celebrated all over the country with joy and gaiety. It is celebrated in some other countries also but it has special significance in India. The climate here is neither too hot nor too cold. It is quite balanced. It is the grace of the Adishakti. In other countries the climatic balance is absent; there either it is extreme cold or extreme hot.

It is not proper for us to change with the change in climate and nature. There is no justification if with the heat of the Sun we get heated-up or enraged. There is no justification for anger. Anger is the worst of the Shudripus (Six enemies). We are Sahaja Yogis, awakened people. Our Kundalini has been awakened. So we must learn how to remain peaceful. Mostly Sahaja Yogis are evolved beings, they are quite good. Very few, only one percent, however, are still running after the Alakshmi. It is very natural to get annoyed over this

sort of behaviour. But it is not your job to correct them, it is the Adishakti's job. You have to evolve very calmly. Every thing works-out by the grace of the God. We have always to be mindful of this fact. **Some people are negative, money is all to them. Such people have nothing to do with Sahaja Yoga. But you have no remedy for it. Adishakti Herself will take care of them.**

American President Mr. George Bush is also reverent to me. Recently I wrote a letter to him and the whole equation was changed. Also there were changes in General Musharraf and he addressed his nation and Islam in the spirit of the letter I wrote to George Bush. Every thing that I wrote in my letter was heard in his speech.

You could also control the situation in the same way. But for this you have to be in the subtle state of Chaitanya-in the state of vibratory awareness. Everything else is insignificant.

We should have no worldly desires. Sahaja Yogis have still to go a long way. They have still to work out many things. God Almighty will work-out everything. Don't worry, maintain your peace.

Sankranti means the Energy of the Sun i.e. self-confidence. Sun is energy, it is effulgence. Now it depends on us, whether we have to burn ourselves in this effulgence or gain self-confidence from it and become radiant.

Many Many Blessings to all of you.

FEEDBACK FROM THE COMMUNITY

Some of the organizations in USA who adopted Sahaja Yoga had this to say after practicing Sahaja Yoga Meditation for some time.

United Earth Organization

"Shri Mataji's discovery brings genuine hope to humanity.

Claes Nobel Chairman of United Earth Organization,

Grandnephew of Alfred Nobel, Nobel Prize Founder

Rikers Island

"...the inmate population would constantly approach me regarding the stress level being reduced due to their learned meditation. You were very reliable and an asset to my facility."

Maria Gerena, Captain

R.A.P. Unit Rikers Island

Correctional Facility, New York City,

Department of Corrections

The National Institutes of Health

"I want you to know that many of our patients who serve as research participants in our Clinical Centre have benefited from practicing Sahaja Yoga. We have been graced by a couple of excellent teachers in this last year... in introducing your meditative techniques to our patients on Wednesdays and many of our staff have been weekly participants on Fridays. I thank you for making available this effective method for enhancing health and peacefulness."

George Patrick, Ph.D.

Chief, Recreation Therapy, Rehabilitation Department, National Institutes of Health, Bethesda, MD US Department of Health and Human Services.

Su Casa, Methadone To Abstinence Residence

"The utilization of meditation for the detoxification process is new at Su Casa. We are surprised and pleased with the consistent voluntary attendance that the meditation program has attracted. While the therapeutic community approach often makes use of mandatory participation of groups, this group has carried it's own weight and we intend to continue the positive collaboration at our place of residential care." Denise Donovan, MA, Assistant Director, MTAR

Lower Eastside Service Centre, New York City

William Cullen Bryant High School

"Your commitment to raise the students' awareness about the ills of stress as a deterrent to drug use was very evident as students and staff reached out and actively participated to learn more about Sahaja Yoga Meditation.... Thank you for enhancing our school community with a very positive way to stay stress free."

Thalia Stylianou

William Cullen Bryant High School, New York City

City of Rockville, Maryland

"Many people return week after week and everyone reports a sense of relaxation following the classes. People are thrilled that such a program is offered to them free of charge!...an opportunity to learn how to have self-awareness regarding their physical, mental, and emotional balance. Thanks again for agreeing to work with us to bring such a quality program to the City of Rockville. I look forward to our continued partnership".

Mandy Bendersly

Youth, Family, and Community Specialist, City of Rockville, MD

SHIVRATRI PUJA

Pune, 17.3.2002

Pravachana of Her Holiness Mataji Shri Nirmala Devi



Tonight we have gathered here to do Shri Shiva Puja. Those people who have a clean heart, can only do Shiva Puja. Those whose heart is not clean cannot do Shiva Puja. It's a simple principle of Shri Shivaratri.

As you have seen yesterday, we have snakes, or, these are horrible snakes guiding behind the Shiva Linga. The significance is this – those who are clean in heart, who are full of love for others, are always guarded by the power of Shiva,

which are the snakes. It's a symbolic thing, to say, very symbolic. But I must say that animals understand Divine force much better than human beings, much better. Because they have a clean heart. Whatever is their lifestyle built by nature, they carry on with it. But there's no malice, there's no jealousy, there are not all these mean things in their heart. They do it because it is supposed to be.

But the quality of human beings is only one – and that is how much they love

and forgive. Loving capacity of human beings are such by which they conquer all their negative forces – they can, easily, see that it's not good to have all these qualities, or maybe that they understand it's not noble to indulge into all these inhuman behaviour. They are not bound to indulge into all these things. Neither they are asked to be, but suddenly they get lured by such things which has got hatred, jealously and greed.

You see how Shiva lives. He lives in the Himalayas. See what clothes He wears, what He eats? He has no demand for anything because He is complete, He is perfect. Such a personality is Shiva's. And if you are worshipping Him, you should find out within your heart, what sort of feelings you have, what sort of malice you nurture.

These days in India, greed has become the main point. They are so mean and so low! It's impossible to understand that they think money is everything, which is not in the culture of Indians, no, no. In no way. But somehow they have picked it up, in the foreign countries perhaps, and it is spreading very much now, that money is the most important thing.

Think of Shiva. He never thought of money. He never wanted any money. He never wanted to show off himself.

There is such a difference between Shiva and Shakti. In their whole attitude. Because Shiva is absolutely a liberated personality, he's not bothered. If the people are indulging into wrong things, he'll destroy – finished! He doesn't want to cure, He doesn't want to improve, nothing of the kind. But for the Shakti it is important, because this is Her child, this universe is Her child. All this is created by Her, so naturally She is worried and She doesn't like people who try to take to mean things and nonsense.

First of all it was human beings started indulging in power. They moved from country to country to empower themselves. Where is that power gone? Finished. Then, after that, what happened with them is that they left their style with others. And now it seems it is very common to see people shamelessly being greedy. For them, the solution, is Shiva. All such people will be destroyed. First of all they will be exposed and then they will be destroyed, to the last bit of it.

Another thing is that Shiva respects a person who has a good character; a person with a good character. And if anyone is a bad character or indulges into bad things, Shiva won't spare them. So the Shakti creates, protects, looks after them, brings them up. But Shiva is sitting

there, just to destroy! Very important, this destruction is very important. The Shakti doesn't show those qualities. She may destroy some rakshasas, but He can destroy nations after nations.

First of all the ego you have – who will destroy that? That is He. Shiva is in your Sahasrara. He is sitting in the Sahasrara; now remember, on top of everything. The other day, I saw one gentleman from the Broadcasting, a newsman, who was very, very stupid and was talking very harshly. And I saw his Ekadasha Rudra, "My God," I said, "This one is now going to be in trouble." What is Ekadasha is nothing but the eleven powers of Shiva. They build up here and give you all kinds of diseases; the worst of all is cancer. And I knew that this fellow is going to have a very bad time. He is not a Sahaja Yogi, how am I to tell him? How anybody has to tell him? But it comes from this Ekadasha Rudra.

Now these are eleven powers of Shiva, very well described. Now these powers start working on people, even on Sahaja Yogis, if they do not follow the principle of Sahaja Yoga. He is, I should say, watching everything. Every part of your life, He watches. How you behave, what you do, what is your dharma – He watches all that. And so many saints have

warned you, so many incarnations have warned you; but I tell you if you don't listen to them, then Shiva is not going to listen. He doesn't listen to anyone. If He's angry, He's angry. Whatever it is, very difficult to convince Him that 'Please spare this person, it's alright. Forgive.' But His basic quality is forgiveness, can you imagine. His basic quality is forgiveness. But if He doesn't forgive, then you are finished. Up to a point maybe He might forgive, but after that .. It's a very, very difficult situation.

And I find that people don't realise what Shiva is. In the South we have two types of people-worshippers. One are *shaivaites*, another *vaishnavaites*. They are having a big fight between them. Now it is less, much less. What is the work of Vishnu is to give you realisation, emancipation of human beings, evolution of human beings. But if you fail in your goodness, in your dharma, then Shiva comes in your life.

We have to understand that we are all surrounded by their powers, we are all made by their powers, is the Shakti who is protecting you. But to an extent. She cannot go above Shiva, She cannot cross Him.

These days you find so many

people indulging into politics – it's all money-making propositions. They all try to make money, it's not politics! They don't do any good to the whole communities, nowhere. Either under fear or under abandonment, they behave in such a manner that they are not afraid of God, they are not afraid of His own attention on them. Perhaps they don't know that they are under the attention of Shiva. He's watching each and every person, whether you are Australian, English or Indian. Whatever religion you may follow, He's watching them.

This is a thing one has to understand. And once you understand this, you will accept that you have to be good and dharmic people. You have to be good character people. Why people talk of good character? Try to understand! It's stupidity these days when people don't believe in it. People are doing all kinds of things, they are drinking, they are playing the money business. All kinds of things they are doing without having any fear of the wrath of God. And that wrath comes from Shiva.

I would like to warn you all, though you are all my children – be careful! Try to weigh every step that you take. Of course I am there to support you, to help you, to protect you. But, not beyond

Shiva, I can't go beyond Him. It's such a power of Shiva, it's such an authority of Shiva. And to worship Him means to worship goodness. The goodness could be compassion, could be love, could be forgiveness, anything. He likes only good people, and He will protect only good people.

For example, some people are very power oriented, some are money oriented and some are power oriented. And the power oriented also do it for money sometimes, that's the aim. **They'll not stay in Sahaja. They will be displaced. They do it, and then come and ask for forgiveness,** "Oh Mother forgive us, we have done it". **But try not to do anything of that kind. I, of course, forgive you, but Shiva, He won't, He won't.** He will take you to task and then you will come to Me "Mother, You must save us!" It's very difficult. From His clutches it is very difficult. Also He's a very forgiving person. He forgives you, many things. Because of Me also He forgives. But, after some time when He takes over, there's no appeal, there's no safety.

I do not want to frighten you, but I want to tell you the truth, it is the truth. You have to try to be good people. You have to try to be really good charactered

people. I am told some people who are in Sahaja Yoga, indulge in money laundering and all that. Also some of them have very bad characters, they run after girls and they try to look at the girls and all sorts of things. Now this has ruined the west especially. Also our Indians are learning from it. As it is, we have to respect ourselves. If we don't respect ourselves, and we try to misbehave, I can only help you with your Kundalini. But if you go too much beyond it, Ekadasha Rudra will catch, no doubt. It's a very big barrier on your forehead. Eka-dasha Rudra, and it is so effective nowadays, so much active! All kinds of diseases which are coming out, is all incurable, are because of Ekadasha. And also those who are suffering from possessions.

The other day I met somebody who was very much caught-up. And the Ekadasha was working. I found out that he is very fanatically influenced by something. I don't want to name it, but these, we have found out, are not correct things. In every religion we have people who are spreading nonsensical ideas. Now if you don't have discretion about it, nobody can help you. You should have a full discretion as to what is right and what is wrong. Then Shiva is with you. But if you indulge into all such nonsensical things, it is self-destructive, I must say. But

to the Self which is destructive is the power of Shiva. What we call the Self here, is the power of Shiva.

He destroys by many ways, by many ways. You can lose your reputation, you can lose your health, you can lose your wealth, everything can happen to you till you are completely finished and packed. I have known people on the death-bed also, start talking about money, 'What should she get, money, how will he get money, and this and that'. Instead of talking about God or Self Realisation, they are talking like this. It's such a normal thing. But if you see Shiva, He doesn't possess anything, He doesn't want anything. Whatever you give to him, as a *samarpana* or anything, that He doesn't accept, and He passes on to the Shakti, "You do whatever you want to do."

She's the one who is working out everything to benefit you, to make you happy. He's not bothered. In this case, you have to please Shiva! He will not try to please you, you have to go all the way to please Him. It is a very difficult personality of Shiva. In the Koran, it is not written separately for Allah or for Shiva, it is not differentiated. Because the people with whom He had to deal were all uneducated, stupid people. So He didn't give all the details that God is in

different forms. So there is only one Allah they know. But they don't do anything that shows the differentiations of their jobs and work. It is the Shakti who loves, I agree. But She too, can get angry very much. And once She gets angry, there is no end to it!

Now I have to tell you, as Sahaja Yogis, that you develop your qualities to please Shiva. It's too much of hankering, too much of 'wants'. All this is not necessary. Of course I want you to live well, and beautifully, not stupidly – to go into jungles or to behave like hippies – that's not the point. The point is, **from your heart, the attachment to things must go away. A person who is a Shiva bhakta** – he doesn't care for money, he doesn't know about money. He is a very generous person, extremely. He's just generous. People say he is stupid, the way he goes on, the way he goes on. But I don't think so. That's not at all the description; the description of a man who is a bhakta of Shiva has no interest in money, is very generous. Anything you ask from that, he'll give.

Mahavira was like that. Mahavira had gone for his meditation in his own garden and Vishnu as Shri Krishna came and told him that, "See, I have no clothes. You have got this cloth, why don't you

give me, half of it?" He said, "All right, you can have it. You can have the whole." Because he said this, "My house is here, I'll just wear my clothes." What he did was not to show that nudity is a very great thing. But if you see the Jains, what to do? They make big, big statues of Mahavira, showing Him completely nude! I mean, this is the perversion of human mind. Why He did it, we should know. He was so detached, so detached, to give away the clothes, what is the harm? It was not to show-off or anything. But the generosity, people don't understand. And the Jainis are the least generous!

So the quality of all these great incarnations is also not understood. Because a kind of an illusion is there. For example, Shiva is always with very few clothes, very few. And what does he eat? No-one knows. What is His desire and what does he want? No-one knows. A person with a great knowledge of music will sing before him, He's alright. Or even any madcap comes and sings, He's alright. For Him it doesn't matter, He's not meticulous about how the music is and what the notes are, whether it is alright or not, no. He is beyond all these things. He is beyond all these formalities that we have about everything, **He is beyond. He is spirituality itself, he is beyond all these things.** Whether you are a

musician or you are an artist, whatever it is you are, He'll enjoy. He's the enjoyer, and He'll enjoy – whatever is simple, whatever is given with the heart, He'll enjoy. Whatever is expressed with the heart, He'll enjoy. He is not a conditioned person, that it should be modern, it should be such and such. He is not conditioned. He doesn't think that way like human beings who will sit down and make a meticulous everything, does it fit into it or not. Even, even for art, even for anything that is created out of somebody's heart, they will try to discourage that person.

I have seen people, they have such conditioning. And one thing about Shiva, he has no conditioning of anything, nothing. That's why they call him a *mast-maulaa* – He is not at all conditioned. If you have any conditioning in your mind, then you are not a Shivabhakta. It's all right, you should dress up well, you should do this ... but you should not have conditioning that 'If you don't do that, you are being out of cast, out of fashion, out of this-that'. It is very difficult for people not to accept. All kinds of fashions are coming nowadays, all kinds. I tell them, "What is this?" "Oh this is the fashion." Is it some God behind this fashion, or is there some deity who is telling you these fashions? Today it comes, tomorrow it will disappear.

So, what I am saying, that if you have to worship Shiva, you should de-condition yourself. You are living in the world of Sahasrara. Now, somebody is not properly dressed – finished! Somebody is over-popularly dressed – finished! Human beings have a capacity to criticise everyone. And to criticise everyone, this is nothing fundamental because if you do it on vibrations, one can understand. But not on vibrations, just because 'this is not the fashion, that is not the fashion'.

What is the fashion of Shiva, tell me. Has He any fashions? Anything you give Him, He's happy. Whatever you give Him, He eats that. He is full of such appreciation because He is personified as Joy. He is peace and He is joy. If you are worshippers of Shiva, then you should not have any conditioning of any kind.

I mean, normally I also wear simple saris, very simple. And it happens that people think I am a very poor woman. I am poor because I don't care for money, I don't bother. So, we should know that Shiva is the poorest man, poorest God. He doesn't wear any *alankaraas*, He doesn't wear anything, just He lives with His own body. Because He is nothing but embodiment of enjoyment, nothing but complete form of enjoyment and joy.

So another quality of Shivabhakta is that he should be joy. You should be joyous about everything – whatever you see, whatever type of person you see. **So the only way you can do, is give up human quality of criticism – to criticise others.** Like if the English go into the Indian house, they say “We don’t like it.” “Yes, what, what you don’t like?” “We didn’t like that carpet.” “I don’t like it” - itself is against your Shakti. Then, if supposing an American goes to an English home, he’ll say, “I don’t like it.” It’s very common. All the people say “I don’t like it”, “I didn’t like that”. Who are you to say ‘I don’t like it’ or ‘I like it’. People don’t realise that by saying all these things, you are showing that you have no Shiva principle in you.

I can understand somebody who cannot walk, alright, for such a person is allowed to use some sticks or something, allowed. But if he says “I don’t like that person because he doesn’t use the stick,” shows that he is such an egoistical fellow. Himself he is using the stick and he wants to create what, warts or what, in a democratic country, that people should walk with the sticks in their hands. It is very difficult.

In the west it is very common, you see, to have this kind of a hat, to have

this kind of a dress, to wear this kind of a *cherrot*. All kinds of things have a conditioning. Now-a-days the hairstyle has become very funny with women. Because they don’t put oil in their hair. They will not have any grease in their hair. If somebody’s going to meet them they will wash their hair. I don’t think it looks very nice. Of course I don’t say that you need to have so much of oil on your face and ears. But, what is so important?

In life, also there is another thing that we are very self-centred. We want to impress people. If I wear a dress or anything, it should impress. I mean, even it impresses – so what? If a snake comes along, he will bite you, whatever dress you might be wearing, whatever country you might be from.

All this kind of identification, it doesn’t behove a Shivabhakta. A Shivabhakta has to be just absolutely lost in the raptures of joy. Very particular about hairdress, very particular about dresses – I don’t know what they are particular about! With all that, what do they gain? Nothing. Do they become popular? And this kind of popularity, which is so skin-deep, what’s the use?

You must have respect, respect of your being. As not only human beings, but as Sahaja Yogis. You are Sahaja

Yogis. We are Shiva's bhaktas, we don't care. We are not bothered. Whatever it is, Shiva is there within us and we shine with that power within us that is of Kundalini. You may be very well dressed, you may be anything. If your vibrations are bad, what's the use? If you cannot judge people by their vibrations, by nonsensical things like dress and moustaches, is it of any value?

In Sahaja Yoga your value system has to be Sahaja. I have seen many people, "I don't like their house, I didn't like this ..." 'I don't like' is the sentence, is *nishiddha*, is to be given up by Sahaja Yogis. If you don't like anything, you are not a Sahaja Yogi. Now, of course if there is somebody who is anti-Sahaja and all that, but still by saying 'I don't like', what are you going to gain? It's a waste of energy. Because of this, in Sahaja Yoga I have seen, people have created problems for Me, so many problems. Only because they are so much 'self' oriented. "This man is bad, that woman is bad, he is this, that ..." Sometimes I am surprised. Because when those people come to me, I am amazed that they are very nice people.

But people are very self-centred, also. Like I have seen people who are not bothered to come to meetings, to

pujas. Because they have got work. Altogether there are eleven pujas, but they don't come. Because they are very busy. At least to one puja you should come. But those who are Shivabhaktas only enjoy nothing but pujas. Nothing else. Their whole being is absolutely vibrated by Shiva bhakti. To them, that's the most important thing to do.

Also there are people in Sahaja Yoga who are trying to make money out of Sahaja Yoga. Very wrong, very wrong, very wrong. Sahaja Yoga is to give you *punyas*, to give you blessings, and if that is not in your mind, better give up Sahaja Yoga. You can join some business or something of malpractices very easily, very easily. Till you end up in the jail you are there. But to enjoy your spiritual powers you must learn certain things. And one of them is de-condition yourself – 'I don't like it' or 'I like it' – this sentence must go away from your tongue!

Likes and dislikes are only for people who have limited vision. You should learn to appreciate. Your power of appreciation will show how spiritually you are endowed. And your power of observation will show what do you observe. For example, some people will come and tell me, "I didn't like that lady, she was wearing a funny sari." I mean,

what is this? "I didn't like her, because she was putting her hand on her head". So what? Because you make your own images of people, and you want everybody to be like that, otherwise you don't like it. Whether you like it or don't like it, nobody's going to change. Why waste your energy?

Sometimes there are musicians who are not so good. I remember, once I went home and I asked my father, "How does this musician sing?" He says, "He's very courageous, very courageous." I said, "Why, what happened?" He said, "He sings without bothering about it and he goes out of tune sometimes, he goes out of taala, doesn't matter, but he sings. He's very courageous, *himmatvala*." So, that's how he used to appreciate, I have seen. When this fellow started singing, I saw he was like that, but my father was saying "Wa-wa, wa-wa" and encouraging him. You see, I have seen in my father these divine qualities, how he used to tolerate, how he used to – I mean not tolerance also, just appreciation. Of any kind of thing he used to appreciate.

That's what, if the Sahaja Yogis have that condition of appreciation they will enjoy everything. Because you kill your enjoyment, do you know that? You are all variety of people here, all variety

of dresses, all variety of families and so many countries you are here. To Me you are nothing but Sahaja Yogis, my children, that's all. Now I don't go on judging you on your dress, or on what your hairstyle is, no. All modern things are extremely conditioned. And they condition you so much that you get irresponsible. As Sahaja Yogis you get irresponsible.

Your first and foremost responsibility is Sahaja Yoga. Because you should know what a work it is. It is such a great work, to transform the whole world – that is My vision! And this old age I think the same. Now, if that is My vision, what should be your attitude? That we should go all out to spread Sahaja Yoga. That's the main thing. I call you for these pujas just to renovate, I should say, to give you more of energy and all that. But if you are just taking it as a great blessings and sitting at home, it's of no use. You must spread Sahaja Yoga!

I was surprised that they said in Lucknow there are only two hundred Sahaja Yogis. How can that be? First time I went to Lucknow, there were at least three thousand Sahaja Yogis and we had not fixed any hall or anything. And can you imagine, suddenly I find so many people [gone]. How is it there can be

two hundred Sahaja Yogis? Either you are telling lies, or you are good for nothing.

So the responsibility of all the Sahaja Yogis, first and foremost, is to spread Sahaja Yoga. How many people have you given realisation? Where have you talked about Sahaja Yoga? I have seen even in the plane, if you are travelling, anyone who is there will tell Me "My guru is this, you know, such a great guru, this that." Openly, shamelessly, about horrible gurus! While you people are very shy to talk about Sahaja Yoga. Never publicly, unless and until you have a programme, and public programme and all that. You have no time, also, for Sahaja Yoga, very busy people!

So, if you have to follow Shiva and His blessings all the time, His protection to you,, then you have to be Sahaja Yogis of very high quality. It shows when you go all out to spread Sahaja Yoga. That is the thing missing. I am very happy that in Australia Sahaja Yoga has spread so much. I don't know what has happened. In a far fetched place like Australia. In the beginning I had some set-backs but now it has spread. Also in Austria it has spread. And also in Italy. But otherwise, just doesn't spread. What's the matter? The matter is the leaders are not going

all-out. Say, for in England I travelled from north to south, east to west in all the directions. We have very poor, very poor Sahaja Yogis there. You have to go to universities, to younger people. If hippy-ism can spread, why not Sahaja Yoga? It spread like wild-fire, why not Sahaja Yoga?

All these things are there, which I have to warn you – be careful! If you have got Realisation, you have a responsibility – to give realisation to others, and to spread Sahaja Yoga.

If you can't do it, then God save you. I have nothing to say. You have to introspect, 'What have I done for Sahaja Yoga? What have I got from Sahaja Yoga?' And I am sure after this *Shivpuja*, you will dedicate yourself to Shiva principle within you. Shiva principle doesn't 'stir out'; it's very, very stern, it's very powerful. You have to dedicate, and you have to surrender. Above every other job, above every other performance, the highest is this.

So, with this, I ask Shiva to give you blessings, complete blessings, so that you get transformed into the personality of Shiva.

May God bless you all.

BIRTHDAY PUJA

Nirmal Dham, Delhi 21-3-2002

*Pravachana by Her Holiness Mataji Shri Nirmala Devi
(English Part of the Talk)*



I'm telling them about love, all-pervading love of God Almighty. He's created this whole thing. The whole atmosphere is there. The whole feeling is there of love. But it's possible only for people who are innocent, like children. If you are very mature in your hatred, no one can save you. You'll have ten arguments to show that your hatred is justifiable. Then you'll go to any extent to justify it.

We had people in our country, which is a very, supposed to be a very sober country, a very peaceful country, we had people who just believe in killing — kill this, kill that.

So even in this country, which didn't believe in all these things, indulged into all kinds of violence since long. But basically we are people who believe in peace, because without peace no growth can

take place. There has to be complete peace. **If there is peace in your heart, if there is peace surrounding you, you grow into a beautiful nation.** Not out of fear, not out of pressure, but from inside, **if you are a person who has complete peace within the heart, not that he is not afraid of anything, but he emits peace. He gives peace. Anybody who goes near such a person, gets the peace, the feeling of peacefulness.**

You all are Sahaja Yogis. You all have got your Realisation. That is, your spirit is now emitting vibrations of peace and joy. Wherever you are, you will emit peaceful vibrations. You will create peace. You'll find out ways of creating peace; how to establish peaceful atmosphere. It's very important that we have to grow in such a manner that we create peace and give peace to others and become examples of it.

I cannot believe in this Delhi that I could have so many people who are realised souls. I never expected. First of all, I had to wait until people got into a proper mind to understand My work, because we had partition and so many people lost their lives, lost their properties and I have faced all that. I have seen it Myself. And they just couldn't, couldn't forgive other people.

So forgiveness is a very good method of understanding the pain of others; troubles of others, but this depth you have to develop. Instead of getting angry, getting revengeful, if you can develop that peace within yourself, if you can manage to have the peace of your mind through divine love, there's no need for you to do anything extra. It's just the peace that you have, now, in your heart. Just feel it. You are a peaceful person. You are not a person who is easily disturbed. You will never give explanations for getting angry, for spoiling the mood of people. You will not do that. You are the one who rises above all this anger and this stupid revengefulness.

It is difficult to explain to those people who are not realised souls, because if I talk, they won't like it. If they get their realisation, we can talk to them.

So best thing is that you should spread Sahaja Yoga. Spread it among Sikhs, among Muslims, among Christians, throughout; and specially among Hindus because nowadays I find Hindus have also, lost their grip over their understanding of our country and its culture. And that's how they just revenge, they take revenge. I don't understand this kind of revenge. But what to do? People are already on that level, on that low level,

where they don't understand many things.

For example now, they do not want people to build a temple of Shri Rama at a particular point. Because they are not Sahaja Yogis, I can't talk to them that that is the place where He was born. So we must pay full respect to this incarnation. If that is the place He was born, we can feel it with the vibrations, then why deny the fact and the truth just because you don't want it to be done? It's very difficult to talk to them.

What to understand is that, what has Babar done for us? Who was Babar? He was a foreigner and this one was not even built by Babar. No, it was not. It was somebody who was his — one of the military man who went and built it and that's why they call it a Babri Masjid.

But let us find out what happened to this Mr. Babar. He died, but he came from abroad. He was not even an Indian. And doesn't matter, he was not born there. I mean, he had nothing to do with that place, but definitely I know and you all will know, can feel it all on your hands just now, that Babri Masjid is the place where Shri Rama was born.

Now, if you want to build a temple there, what will go wrong with people?

What will happen to them if a temple is built there? I mean, it is just a question of respect and feelings about it. I also take Rama's name. Everybody takes His name because it is such a solace and such a comfort! But the way people look at things it's difficult, you can't talk to them.

Now they are talking about another nonsense that that we have one hair of Mohammed-Saheb in Kashmir. Now somebody said that it is not His hair. How do you know? What is your criteria to decide whose hair it is? Actually, you will be amazed, when I went to Kashmir, we were going somewhere in the car and suddenly I felt tremendous vibrations. So I asked the driver, "Why don't you take the car on this side?" He said, "Why?" "Because I want to go." He said "It is an old road and there are some few people living there." "It doesn't matter. Take it." We went nearer and nearer and there were some houses of Muslims. So we called them and asked them, "What is here going on?" They said, "It is Hazrat Bal." Even the name gives you such peace. It was the hair of Mohammed-Saheb.

Now Hindus don't want to know about Him and Muslims don't want to know about Shri Rama. It's very surprising. They are all having their own

shops and selling their own things, but they don't understand that whatever they are selling is the same which the other people are selling. For example, they say, "Allah." Who is Allah?" According to Sahaja Yog, Allah is nobody else but Vishnu and Vishnu who came also as Shri Rama. So whatever they call as Allah is Shri Rama Himself. Only a Sahaja Yogi can understand that. If you put up your hands now when I am talking, you will be surprised what vibrations are there because it is Shri Rama, who is Allah, whom you are trying to insult by your stupidity.

So it could be stupidity on the part of Muslims or on the part of the Hindus. Hindus are also not understanding. Somehow they know that is the birthplace of Shri Rama. Somehow, I don't know, somebody must have told them. Or maybe — I don't know how they know — they don't know vibrations. I haven't yet met many Hindus who have vibrations — I mean those who are what you can call fundamentalists, they never have vibrations. So I used to wonder, how do they know this is the *janma bhoomi* of Shri Rama. Maybe, somehow they come to know. But they have no point to prove. The problem is, if they were realised souls, if our high court judges were realised souls, if our cabinet were realised souls,

you could have talked to them. But they are all — what should I say? — absolutely blocked people. How to tell them that this quarrel is a nonsense? It is perfectly all right to build a temple of Shri Rama. But whatever you may say, the trouble is first they all should get their Self Realisation.

Just now, at the time when we are talking, see, there are not sufficient people who have got Self Realisation. You are all realised souls. There was another one who told Me, who was giving Realisation to these *mahantas* — *mahantas* are the people who are supposed to be saints — and every one of them, when they got Realisation, they got exposed! So he didn't know what to do with them. That may happen with anyone, even in Christian churches or you go to Jews — everywhere you'll find this is the problem. If you give them Realisation, they will get exposed. So what's their theory of disturbing all the people who have such faith in them and think they're very great people.

Now only way you can judge them is through vibrations. But out of love, I can't tell them that "You are not realised souls. You have no business to talk about Shri Rama or about Mohammed-Saheb. They're much beyond."

So the problem now is between the

people who are not knowledgeable and those who are knowledgeable. It was a very big gap before. Only one person used to be a realised soul; so they used to stone him, beat him, do all kinds of things. Now you are so many. So, if you put up your case anywhere, even at this stage, nobody is going to listen to you.

I would request you only one thing. Give Realisation to people, as many as possible, and not to any 'spiritual' so-called people. Because they get exposed, what's the use?

This is a common thing. So many people have told Me, "We gave Realisation to one priest. He got exposed." "Means, what happened?" "He was exposed, Mother. He was put in jail." "Why? This is too much. After getting Realisation, he goes to jail!"

So this is the problem. In love, you cannot be hypocritical about it. Love — you have to be a pure personality. Strive to purify yourself. You have to change. If you are still angry, if you are still greedy, if you have all these things, love won't work out. It won't work out.

So to love someone in a Divine way is to first understand the value of innocence. Why I love children? Because they're innocent. They don't have all these things. Like in our country these days, the

epidemic — epidemic of corruption has started — epidemic. It's not simple. Anybody you see, after every third person, there's an epidemic of corruption. Now why? Because they want money. All right. Then what do they do with their money? They don't know how to hide, so they put it in some sort of a pot or whatever it is and the money gets lost. If not, they are caught up. That's not so important. What's important is 'Why have this greed?' People who are rich are more greedy than the people who are poor, because the poor people at least have some fear of God. But the rich are very greedy. They're running after this, running after that. There's no end to it. It is very surprising that in this country of ours this new disease has started. With this disease, even in Sahaja Yoga, there are some people who have made a business out of Sahaja Yoga and are making money. So greed is something that comes to you from the right side and you start justifying it. There's no place for love for the right side.

Now this greed has gone so far that the whole country is getting ruined. We can never progress. We can never achieve anything because everywhere there's greed when people are just taking it. But if you love your country, if you have love for your country, you won't do it. But that love is missing. They love — I don't know

whom do they love. They love their children in such a way that they ruin their lives.

Love is not limited. Love has to be unlimited. Unlimited love which binds the whole world. There is this force, there is already acting this force; only thing you have to become the agents of that, to become the people who can communicate that love. You have every right to that great wealth of love and you can spread that all around. But I find that even here people think in terms of money. Money is the enemy of love. I assure you that if you have interest in money, you can never progress in Sahaja Yoga.

I'm hopeless, I agree. I don't know how to take interest even. What is so interesting about it? And people laugh at Me that "You don't know simple things, even to count the money." I said, "I know." I can tell you like this, how much money is there, but I'm not interested. There's so many other things to be interested. You see the children. You see nice, nice people. In the whole world, there are so many beautiful people, beautiful things. Why pay so much attention to this useless stuff, which comes and goes? But that is what is the most — I should say — gripping thing that is also there.

In India is the worst, I think. They say that India is the most corrupt country, but I don't know. I have never seen that kind of thing, but must be true. On such an occasion, it's very auspicious that you should think that money is of no value to you, has no value, and you will be amazed, you will have never dirth of money — absolutely. This is one thing in Sahaja Yoga you have to get, that money is of no value. There's no interest in money. Your money is in getting how many people you have in Sahaja Yoga, how many people you have brought in Sahaja Yoga, how many people have got this joy? You have not purchased it. Nobody has to purchase it. It's free, flowing everywhere. It's so joy-giving. What else do you want with money? Nothing. Just with money — headaches, fear and all kinds of problems.

So, parallel to our Sahaja Yoga, it should be the life of freedom, complete freedom and enjoyment, nothing to worry about. Nothing is dependent on money. I have seen people living in very poor conditions, extremely happy and joyous; while those who have lots of money, specially in the foreign countries, are rich people. They have depression, all kinds of funny, funny situations there. They commit suicides. Why? If money was everything, why all the rich country people commit suicide? What is the gain they

have? See, and all the time what they are thinking, how to get into a kind of a fashion. Fashion, because if you have no money, you cannot get into those fashions. The fashions are so common now, so common, that for that people hanker. If they cannot get to the fashions, they think that something has gone wrong with them, something is — But not you because you are Sahaja Yogis.

Now you see these things happening, so what have you to do? Have pity for such people — no contempt, but pity — and you have to tell them that “What are you doing? Why are you wasting your time? This is the best time for you to reach the highest goal of your life, of Self Realisation and why are you so much running after all these things? What is it that makes you run this rat-race?”

I think it's a breaking point everywhere and people are thinking, but you are the people who should provide. In a very large scale, you can work it out.

I mean, I have seen people who have nothing in them. They are not spiritual. They are not the ones who can give Realisation or anything. But just because they are doing some social work, they are very famous. What is the social

work? Looking after the poor or something like that.

Now, when your love, which is so great, which is so effective, that starts working, you feel you should do something, then you'll be amazed how your Sahaja Yoga will be understood!

So far Sahaja Yoga is all right, people are very nice, excellent, saintly and all. But effect of that must be seen and people should see the effect of that, of your love. First is forgiveness. You have to forgive people. They are utterly stupid. I have just now explained to you how stupid they are. So, nothing to worry about that. If you are such a wise personality, you should try to judge everything with wisdom and don't fall a trap into things where you feel that you have to do it like some fashion or some sort of a — I should say what? — some grouping. No need, we are Sahaja Yogis. We are self-sufficient. We don't need anything. If you are one, we are all right. If you are many, we are all right.

Now you must know that you have reached a very high state and you have touched that love, that universal love of God.

So express more of that love in your daily life. Express more of that love in dealing with others. Express your love in

a way that others are made happy. It's all something to be thought of. How can you quarrel if you are real Sahaja Yogis? How can you put down others if they are Sahaja Yogis? How can you deceive others if you are Sahaja Yogis? Not possible. You should have no interest in all these things. That means now you are clarified and you are clear and you are now *nirmal*. Nobody can touch you.

This sort of attitude, should have respect for yourself. This kind of understanding you should have about yourself. What is your role? What is your position? You should know that you are realised souls and what you should do as realised soul, that you should know. You're not another sort of madman running the rat-race or also you're not in competition. You're not competitive. You are just progressing by your own love and blessings. I know how the blessings work. But first of all, you have to be worthy of

that blessing, otherwise – can't help it. Your loving nature. That's why Christ has said that **you have to be like children to enter into the kingdom of God**. You are already in the kingdom of God, but you have to be like children; how innocent they are, how simple they are and they're happy with small, small things. They don't want something very extraordinary. It's very surprising how our love, which is actually, is enlightened by divine love, can change the whole world. How I had this idea and how it has prospered. If you all help Me in this, I'm sure Sahaja Yoga can do so many things, which have not been achieved.

Now you go home and think whatever I have told you. Think about it. What you need is introspection. What you need is understanding. "What have I done out of my life as Sahaja Yogi?" And then you will find out that you can do a lot, a lot. And that has to be done.

May God bless you.

FROM THE PEN OF A LITTLE SAHAJA YOGINI

A SAHAJA YOGI

When I know I am a Sahaja Yogi,
Anyone how could I deceive?
How could I shout,
Or materialistic I be?
Cannot I harm anyone,
Nor aggressive I could be.
At every step of my life I remember,
That I am a Sahaja Yogi.

LOTUS FEET OF THE MOTHER

Flowers blossom beneath your feet,
Beneath your feet devils get transformed.
The Sun rises beneath your feet,
And there it sets in the evening.
The ocean lie beneath your feet,
To soothe you comes there the spring.
Beneath your feet the world lies,
So why not me O Mother Divine?

LEAD ME MOTHER!

O Mother!
Lead Me
Lead me from untruth to truth
From darkness to light
From anger to love
From death to life
From impatience to patience

Lead me Mother
Lead me; to your lotus feet
Let me follow the light
That leads me to You,
The light full of vibrations,
The light full of love.

Yes, I can feel,
Feel the Beam of Chaitanya
Flowing in my body
Yes Mother!

I got the light, which will lead me to
your lotus feet.

I LOVE YOU MOTHER

Oh! Mother Adishakti
I have to do your bhakti
That is why I love you Mother;

You are my joy
You are the calmness of my life
That is why I love you Mother;

You are my guru
You are my guide
That is why I love you Mother;

You are my Rama
You are my Krishna
That is why I love you Mother;

You are the mother of the whole world
That is why I love you Mother.

LET ME HOLD YOUR HAND MOTHER

O! Mother Divine!
Let me hold your hand
Let me climb the ladder
And lead me to heavenly bliss.

Beneath your Lotus Feet
Lies my destination
To be your child
That is my goal,
All those who are Sahaja Yogis
That is my family,
That is my life
Which begins from your love
And ends in your lotus feet
O Mother Divine!
The fragrance of you love
Fills the whole universe.

TALK TO GROOMS

SHRI GANESHA PUJA

Cabella Ligure, 23-09-2001

Pravachana by Her Holiness Mataji Shri Nirmala Devi

...I have already talked to the brides and made them understand what is their duty and what that is supposed to mean. Specially I have told them that men are a little bit – always excited, they get excited with *marriage*. So you should be more sensible and they will be, I am sure – they looked very sensible girls. But still you should also know that you are marrying in Sahaja Yoga, not for ‘marriage’, but for a Sahaja Yoga marriage. It’s very important — very important that you have to show that you have a very successful marriage.

Of course, the responsibility of the household and children, is that of – I agree that it has to be done by girls and we can say the bride. But also your responsibility is to pay attention to her, not to neglect her, because the whole thing, you’re busy, you justify it. But you have to give some time to your wife. It’s not that you should be negligent. That is first thing. For example, when you come back from work, I know you are tired, but just see what she is doing. Enquire. If she’s busy, try to help her. It’s what you show in your

love is the most important thing for men, I think. Otherwise, you see, you’ll take it for granted that you’re married. That’s not so. So first come home and talk to her nicely. Ask her what she has been doing, does she need anything.

Now in Sahaja Yoga we have a custom, or we can call it a law, that all the money that you earn should be kept with your wife and you should not spend any money without asking her and she should also not spend any money without asking you. Money is a very big problem. So if you want money, you have every right. It’s a common property. But the wife should know how much money there is, she cannot also spend without asking you and you also cannot spend without her.

Now this is because of mutual understanding. You have to have complete understanding as to the love, what love you are expressing. If you doubt her, it’s wrong. Or if you think, ‘All this is mine. Who is she to ask me?’ — I don’t like women to work; but if they have to work, they will work. And if they’re working, I have told them already, that they have to

be careful that they are housewives to begin with. We just don't want to have 'marriages', we want to have Sahaja Yogis who are married, who will have nice children, nice families. We want to have beautiful family.

So a domination of a husband and a domination of a wife is a wrong idea. If you can fall in love with each other, it's heavenly. For small, small things, I feel, people fight, for clothes and for food, for this and that. But if you love somebody, your life becomes so much beautiful. All these little, little things are of no use.

So do not judge them. Do not dominate them. If they ask for your guidance, all right. But all the time say, if the husband is all the time saying 'do this' and 'do that', then he becomes boring, isn't it. And you should see that you don't bore your life and her life because there are so many ways of enjoying life. Even sitting together you can. Talking together you can. But if you don't understand this art, then maybe you might have problems, she might have problems.

If she has some serious problem, then, of course, we'll cancel the marriage. We'll find out what sort of a thing. But normally, try to understand that why, if she is working in the house, she's equally important, even more important than you

are. If you think from this angle, that the marriage is between two souls who are, say, left and right and there should be a complete understanding. The emotional part of it — but I find that in the marriages, people don't have much understanding about emotional side. If she feels sad, if she cries, just a little, few words of love and loving the person is the greatest thing. There cannot be anything better than loving the person.

You are not married here for just a common experience of marriage, but for enjoying love.

It's a very, very great blessings and a divine thing to love. If you can do that, then you won't find faults. You will find a way how you can enjoy your married life.

So I have called you here to tell you that you have to enjoy your married life and then one thing you have to remember — alone you cannot. Alone you cannot.

So she's your companion. She's your friend. She's everything to you. Have beautiful feeling about it. I mean some people are very overly romantic and some people are not at all romantic. So there's no need to be extremely 'something', but, as a Sahaja Yogi, you should appreciate the qualities of your wife and a Sahaja

Yoga marriage.

The best thing is to trust each other, not to doubt. There's another problem with many marriages, that they start doubting and then they separate. So nothing to doubt. Nothing to be frightened about married life. It's a beautiful thing you are entering into. It's a beautiful, I should say, evolution of yours that you're sharing your life with somebody. But there are many people who fail. Why? Because they think they are men and these are women. But both of them can be beautifully joined together and live very happily.

I have seen some very good husbands, they are so hardworking they have no time for their wives, so they telephone again. They'll find out how are you. I'll give you an example of Lal Bahadur Shastri. He was so fond of this wife. His wife was an ordinary woman, not educated, nothing, from a very ordinary family. But once I was in their house, you see. So in the morning, about say ten o'clock I was there, and he sent a letter to her from the office that, "I woke up early and as is usual my routine, I had a bath and everything and you were still sleeping, so I didn't want to disturb you. Because you didn't sleep last night, so I didn't want to disturb you. I'm very sorry, but I haven't taken my tea as yet, so can I come down to take tea with you?" We

were very close. See how touching it is. He came down, I saw this and I was amazed - in the Prime Minister of India; look at him, how he was concerned about her. So he came down and then he had tea with her. I just hid myself, I said [to myself] 'I don't want to interfere'.

All these sweet, sweet things, you see, help you so much and, though Shri Shastriji, was such a busy man, he always used to think about her and also the family. But then when I was there, I was surprised. He told his daughters, "You look after your children. My wife is not going to be like a maidservant. I'm not going to make her an aya. You just look out!" So what a deference was given to her, compared to the children. That should be the case. You see, that's how we learn to live with another person. Always if you are thinking about yourself, 'What comfort I have got. This food was not good', you are not living like Sahaja Yogis.

A Sahaja Yogi lives for others, not for himself, starting with your wife. Of course, if you have problems or anything, that can be sorted out. You can write to Me. We can find out. But first thing is you must see, you have to have emotional balance. That has to be understood. If the wife is unhappy, you should ask her, "Why, what's the matter?" Always stand by her — always, whether it is your

mother, father or anyone, stand by her and then tell her what is the right thing. But if you take an opposite position, she won't understand. But if you take her side and tell everybody that "Let's find out". And then establish her self-respect. Let her feel that she will not be insulted by anyone. Anybody insults your wife, you should stand by her [at] that time. Later on, you can sort it out. Nobody dare say anything to your wife, do anything to your wife, but take the side of your wife all the time because, after all, she's a Sahaja Yogini also. And you can talk to her later on and ask her what's the matter. You can take her in the bedroom and ask, "What is the matter, what has happened?"

But, in the presence of others, you shouldn't shout at her. And you should not correct her. Moreover, no husband should shout at their wives. That is something I can't understand, why should husbands shout. It shows a very bad upbringing. We're all Sahaja Yogis. You are brought up by Me. I am your Mother. And please *never* shout at your wives, never show your temper. I mean, some things are so simple and can be solved by showing love. As you love Me, I love you, and if there's anything wrong with you also, I will never shout at you, never. What I'll do, I'll take you in a very loving manner.

You have such a great power of love

and compassion. If you cannot love your own wife, who are you going to love? More than your children, more than anybody else! You share your love a little and you'll be amazed.

For small, small things also I've seen, Sahaja Yogis get angry with their wives. For example now, supposing, I'm supposed to be your Mother and everything. But sometimes your wife does some mistake in puja, in something she does not try to understand. I don't mind. Later on you tell her that "It was a mistake and you should not have done it; that's our Mother," and they will respect it. But if you go on shouting, you see, there will be a gap between them. If you talk to them like that, their whole life will change. Be kind to them. Be gentle. Very much, it's necessary. Specially I've seen that in the western life, people have no training how to deal with their wife. There's no arrangement like that but in India we have. When they first meet the husband or the wife, there's a big ceremony and the gentle way of handling everything.

So, though the relationship is there, you have to establish it. You should move slowly, gently, in a simple manner, not to just to jump on the woman and start shouting at them. Really, it's not proper. We've had three, four cases like that, not many, I should say, for so many years [of

marriages], but still to handle her gently, talk to her gently. Talk to her in a way that she feels that you're her husband and that she is your wife. It's something, that's an art. And because you are Sahaja Yogis, you have to show to the world that 'because of Sahaja Yoga, our marriage has been very successful.' Don't listen to your mother. Don't listen to anybody. Listen to her *first* and find out what is the problem. Otherwise, such marriages collapse. When you are already married, you should show no interest in any other woman — no interest whatsoever. First, is your wife, because that puts them off — unnecessary interest in other women. There's no need. You've got your woman. You've got your wife. Why should you have interest in other women?

Despite all this, if they are troublesome, let Me know. I am sitting here to know about it. But you don't get desperate. And things can be improved, we can make them alright. If you're not sensible, then it will be problematic.

I must say that I think, compared to

the Indians, you people have better husbands, no doubt. But sometimes, some husbands, like in India, I think, (Shri Mataji asks to someone nearby "Are there any English people here? No, I mean to be married?").

So, you see, in England I have seen men are very docile — very docile because of the law. Law is so funny and that's why they are left-sided. They are docile and not only docile but they spoil their women, because of the law that is there. But now we have international marriages and here in Italy also, if you are marrying under Italian law, it's not so bad. But still, you must remember that whatever you are doing is according to Divine Laws. Divine Laws must be obeyed and that's how you should make very successful marriages.

I'm very anxious to see that, that you become very happy with these marriages — something very special, exceptional, that you will have the blessings of the Divine and you will enjoy your love.

May God bless you.

TALK TO BRIDES

SHRI GANESHA PUJA

Cabella Ligure, 23-09-2001

Pravachana by Her Holiness Mataji Shri Nirmala Devi

You are going to marry. I am going to just tell you that you have to do it with full understanding.

It's very important to understand your role in Sahaja Yoga as married women. We have had very funny types of women who got married because they wanted to marry, and they saw to it that the marriage is not successful. And they have been of such a trouble to Me that I don't understand that before marriage why don't they see that what they have to do.

You have to make a successful marriage in Sahaja Yoga. It's not an ordinary marriage. And for that, it's not sacrifice, but joyful understanding. You may have to withstand many troubles also. Financially maybe somebody's not so well off. Maybe, though he's all right, he's not looking after you financially, he's not giving you money or maybe he's very dominating – it's possible. Everything is possible. As you could be the same.

So in Sahaja Yoga we have selected you to be married and we think

that you will make a very, very happy marriage.

Now it is more the responsibility of the woman somehow, because marriage is her responsibility and she has to make a happy marriage. If any of you now don't want to marry a particular person, you can say no. But now if you are marrying, then please think of the way a Sahaja Yogini who is getting married. The responsibility of bringing good name to Sahaja Yoga is on you. We are not marrying you because — I mean, some sort of a social event, no, because you are Sahaja Yoginis, because you're sensible women and you'll bring a lot of glory to Sahaja Yoga.

I must say that so far ninety-nine percent marriages have been successful — ninety-nine percent. Now this is a new group that has come and I have to see now how it works out.

If you have some ideas in your head, some sort of a models you have in your head, then take it out. We have to deal with reality. We have to see

what reality is, not our imaginary ideas. So you should not get shocked, nor the man should be shocked. But supposing he is, then the understanding should be in you. Spirit of understanding has to be in you and not expect that from men.

Men have a responsibility as far as earning is concerned. They have other responsibilities, but women have responsibility to understand, again I say understand, the husband, the family life and everything that is connected with your family life.

The spirit of understanding of women only make very good families. It's the woman who does all the things that are needed to smooth the family relations, they understand the husband also and they also help the husband with their understanding. Once it is established in the mind of the husbands that you are sensible, that you care for Sahaja Yoga, that you're dignified, all your problems will be solved. That's very important to have a very deep, deep understanding of your responsibility. And I'm sure you all will be successful because you are all Sahaja Yogis.

Never to dominate — there's no need to dominate. But if you are intelligent, you can convey the mistakes

or the misunderstandings to your husband. But for that, you have to have special woman's charm, I should say, special woman's understanding.

I'll give you one example of My life, there are many, but one I can give you: that from My husband's office, one gentleman came to see Me. And he said that "I'm sorry I did a wrong thing is to give up his organisation and join another one. But I now feel that I cannot be happy in the other one and I want to come back." So My husband said, "You have no place here. It is not disciplinary. It is not good. Why did you do it? Why did you join another organisation?" So he said, "Sir, but I want to come back. I want to beg of you," pleading every day. But once the men take something into their heads, they don't change immediately. So he came to Me and he told Me, "I want to be back in the same organisation." I know my husband very well, so I said, "All right, let's see about it." So when My husband came, I told him, "Why don't you take back this man?" "Oh, so he has come to you now, has he? The best man (person), he knows where to go. "No," I said, "Maybe he thinks I am more generous than you are." That was too much challenging! "That's why he came to me. You should be generous." Then he took

him back. And I must say, all his life this man helped My husband very much.

So this is what it is. There's a way of doing things. You have to learn that and you have to master it, by which you do good things without hurting anyone,

without saying anything harsh, without being rude to anyone. Now, that is the management you have to see. That is something special you have to learn, so all the conflicts will be finished. Alright?

May God bless you.

I bless you all from My heart.

THE BEAM OF LIGHT

O Mother Divine!

The panorama of the world today is full of darkness.
 Impatience, materialism and untruth fullness
 Dominate the scene,
 Wars shake the peace of our minds,
 Negativity and Pessimism being thrust all over.

But like the oasis in the desert,
 And the soothing beam of sunrise,
 Beautiful light of patience and satisfaction
 Dawns upon us from your lotus feet,
 And fills us with positivity and optimism,

What else could we yearn for,
 O, Dear Śhri Mataji!
 Thou art the most precious treasure,
 To be held in the softest groove of our hearts!

Radhika

