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The Divine Cool Breeze



"Many people think that coming nearer me, I feel pleased. I am not. That is not recognition. You should never do that. On the contrary when you grow really, I will know myself.

Her Holiness Mataji Shri Nirmala Devi





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For subscription please write to

Mr. O.P. Chandna

N - 463, Rishi Nagar, Rani Bagh

Delhi - 110034

Ph. : (011) 7013464

Please send your experience, miracle photographs and artwork to:

THE DIVINE COOL BREEZE

C/o Sahaja Yoga Temple

C - 17, Qutub Institutional Area

New Delhi - 110016

BIRTHDAY PUJA

Nirmal Dham, Delhi, 21-3-2002

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

I am seeing the magnitude of love. How it has spread all over! To how many people? No one knows. But I have understood its Philosophy. Could there be any Philosophy of love? Love has no Philosophy. Like a huge expanse love spreads all over. We are not aware of it, we do not know it. But the love of God is all pervading, pervades all over the universe. You could experience it only after getting Self-Realization. Only then you could know that this Love alone is the power of God. Then power of love works out. However, we don't understand it.

It is very mean to hate someone, to be malicious towards others and to

quarrel with them. You are Sahaja Yogis. There should be no other feeling



There should be no other feeling in your heart but love

in your heart but love. When we look at the problems of our country, we fail to understand as to why man has created all this turmoil in the name of religion! What was the necessity? Something begins, then it has a reaction which is much more than the action. The sensitivity and experience of God is reduced by such activities. We have to try to understand as to how to encourage love. How could we express our love and make it flourish.

First of all we should take care of our children. What are we teaching them? If someone slaps our child, do

we tell the child to go and hit him? If we tell our child that it is alright, the one who has slapped you is not wise enough. He will be alright and be friendly with you. The heart of the child is very innocent. He will immediately understand if he is told that slapping is bad, of course, but it will be worse if you also do the same. Child will know that fighting with each other is bad. This quality is to be developed from very childhood. In childhood the children are told that you are Muslims, Hindus, etc.

The poor child cannot understand all these things. He thinks I am like all other people-my features are the same. Then why are they telling me like this? So this Greed and Hatred are our evil tendencies. These tendencies could be destroyed by Sahaja Yoga. The evil tendencies should be eradicated completely. Only then we could know about God and ourselves.

May God Bless You.



BIRTHDAY FELICITATIONS

Nirmal Dham, Delhi, 23-03-2002

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)



You cannot artificially say that 'I am joyous.' It should be some sort of an innate, spontaneous feeling within.

This felicitation function is a little embarrassing for Me because I was born as a very simple person and I have been an extremely simple person. I don't understand money. I don't understand hatred. I don't understand greed. I'm so simple about it. Despite that, you people came and got your Realization. It's your own achievement. It's your own desires that you have achieved. I find so many children nowadays born as realized souls.

So I think the time is also there, that in My life itself, this was to happen. It is everybody's lot. I think, like Shri Rama, then came Shri Krishna, then came

Jesus, then other people. It was their time. And My time it is to give you all Realization. But, I must say, you all have taken it very heartily, sweetly and are using your powers to give love to others and to transform others.

The other day, I was talking about love. Now the love, as it is understood, is in your heart as this, but do you know the ocean of love is your Sahasrara? When your Sahasrara is filled with love, then the life is changed. You don't become a very intelligent man, very dynamic personality, but you are nothing but love and this love is so self-satisfying.

You are not bothered if others don't love you or they love you. You don't see to that part. What you see is the enjoyment from that love. It's a tremendous ocean of love. You all have got it. And once you have entered into Sahaja Yoga, you know that you have entered into Sahasrara and Sahasrara is the - I tell you - the source of all the truth. Truth is there - the complete truth. Truth is the knowledge and also the truth is love.

If you love somebody, you know the truth about that person. You find out whether the person is good or bad

or anything. It's very difficult. But if you love that person, then immediately you know what's wrong with that person, what's right with that person. But because of your love, you encompass the whole atmosphere between you and him or between you and others. You don't see the bad points easily - very difficult.

I've seen many a times, people get, cheated by others. I agree, but I have no sense of what cheating means, how people cheat you. Many a times, people say that they are talking ill about Me. Yes, they are. I can see they are talking - doesn't matter. Makes makes no difference to Me. If they're talking ill of Me, it's all right. But this felicitation embarrasses Me definitely because I've not done anything so extraordinary, as they think. Extraordinary is that whatever capacity you have, if it acts, then it is there, like love. I have tremendous love, I don't know what to say. And it acts. It works. And every human being cares for love.

You may be very great, you might be very intelligent, you may be earning lots of money, whatever it is. It's not so important. What is the most important thing is that you are loved. This is - I have not made a theory out of it or I am not going to say that you

all should learn it, but it's so basic and that's the only thing that helps.

So residing in the Sahasrara, if you see the waves of love flowing, maybe some people might take advantage of it, it doesn't matter, makes no difference. Some people can also mislead you. It's all right. All kinds of things they do; but when there is love, you see, you are satisfied, you are not bothered, because you love everyone.

So you are satisfied. You are not bothered as to what others are doing to you, what advantage they're taking of you, what they are troubling you or all these facilities, how they have done - also all the facilities that you have from your own being - are automatic.

This felicitations and all that, of course, reflects you, no doubt, but to Me, it is nothing great. I don't think it is a very great achievement for Me because I have no vision, as such, I must tell you. I've heard this word, that Mother has a vision. No, no, no, no, I have no vision, I must tell you. My simple thing is that everybody must love - and pure love will change your lives, it will change the whole world, no doubt about it. It should come to you natural because now you have pierced through your Sahasrara.

So for every Sahaja Yogi, love should be very, very natural thing - absolutely. For example, I know sometimes people are very rude. They have certain rules and regulations and then they get very angry with the other people or whatever it is. Some people have positions and they use their position to get angry with others and even to get after that person and torture another person, they do, go on doing like this. But they have missed the point. They have missed the point. If you just have love, that pure love, then you see the point. You see it, that 'Yes, yes, that's what he is doing, that's why he's doing.' You know that. But you are not bothered, 'Why he is doing like this,' why is he troubling me and gradually, everything nullifies. Everything finishes off by itself.

I've seen many people who are talking ill about Me, doing all kinds of things against Me. So what? Let them do. That's their job. Let them do; but to Me, it doesn't disturb, you know. I think they are indulging into something of their own style, but what do you get? Joy comes only out of pure love. If you have no pure love, you cannot have joy. Talking that we are very joyous and all that - I know who are joyous really and who are not. You cannot artificially say

that 'I am joyous.' It should be some sort of an innate, spontaneous feeling within.

So you are the ocean of feelings, ocean of beautiful feelings. And when you are enriched by that ocean, you are least bothered about anything.

You know very well that I am very bad at money. I don't understand. I cannot count money. So what? I mean, that's My handicap, I should say, but it doesn't matter. What is so needed is 'Can you feel the love of others? Can you feel the sweetness of others?' As you see a little child, how nice you feel. In the same way, 'Do you feel that for others?' Or 'Are they like children? Are they innocent like children?' And now, I would suggest that innocence is the sign of love.

Anybody who has innocence would know the technique of love. If you are very clever, intelligent, you can answer back, you can correct people, do that. No. That's not the way. If you have love, you can correct people without saying anything to them, because love is a supreme intelligence. It gives you all the correct method. It works out that. The whole thing works out that and then people say, 'Mother, it's a miracle how it has happened?' No,

no, it's no miracle. It's simple thing that love has acted in its own way. Love is not a dead thing. It's not a dead sea. It not only thinks, but it acts and acts so beautifully. Sometimes I'm amazed at its working. We call it a miracle, this, that. Nothing - it's love.

Now, because the Divine loves you, it gives you miracles, so called. It can do anything because the Divine wants that you should get to Sahaja Yoga and you should become a real yogi.

So whatever this love does, you think it's miracle. It is not. Why people say, 'Mother, that's your style.' It's not the question. It's a question of love. Say, I love everyone very much, I trust everyone very much. I never doubt, to begin with, and they are sinking, sinking, but still I have faith that they'll come round, that they'll be all right. Give them a chance. But supposing they try some tricks, you'll be amazed how they get exposed! How they get exposed, it's very surprising!

We have a Sahaja Yogi in Dubai. He told Me, 'Mother, no use giving Realization to these big people.' I say, 'Why?' So he gave Me the name of very highly spiritual people accepted by society. 'I gave him Realization and he

got exposed. I don't know, I never said anything - got exposed.' Another person whom he gave Realization, also had a very big thing, having lots of awards and this and that, he got exposed. And he gave Realization to one fellow who had peace award. He also got exposed. And then it was in the newspaper all about him.

Now what is happening is that this man, out of love for the other one, gives them Realization, but that same love acts in such a manner that he gets exposed. You don't want to expose people. You want that somehow they'll come to Sahaja Yoga all right, it's all right working out. So he said, 'Mother, I don't think I'll give Realization to anyone.' I said, 'See, you go on giving. If the Divine wants that the person should be exposed, he will be exposed.' If there is anything wrong with that person, he'll be exposed.

Somebody who gets Realization, supposing, and he meets with an accident, of course he'll be saved, but he might meet with an accident. So what is the reason why? Why did he meet with the accident? **Because he doesn't do anything for Sahaja Yoga.** He's very ambitious. Somebody who's very sick, he's all right with Sahaja Yoga and somebody who's

not that sick, gets much worse. It's a fact. Though he's protected - that's one thing about Sahaja Yoga - you may be the worst Sahaja Yogi, you are protected, no doubt, but if you go on like that, if you all the time trying to go against Sahaja and become asahaja, then you suffer very badly.

It's very simple that if you are standing in a place, you are established in a place, which is very peaceful, very joy-giving, but you want to get out of it, so you face whatever is outside, its automatic. If you stand in the place which is so peaceful, which is joyous, which is full of love, you are all right, you'll grow in spirituality. But if you want to get out of it, then you have it. You can't help it. It's like a fortress or we can call a very secluded place, which is very comfort giving and very much full of attention and all that and then you want to go out of the attention. So, you're gone. That's how some Sahaja Yogis don't understand why they are not yet getting into Sahaja Yoga.

So no use using your intelligence because this intelligence, human intelligence, is not a very high quality function. What is best is to fall in love with your Self - love which is divine, love which is nourishing, love that looks after you. But we don't know how to

look after ourselves. We don't know how to love ourselves. We love this person, love that person, but what about yourself? Then they think it is selfishness - no, not at all. To know the Self is love. If you know the Self, you'll know love, you'll fall into the ocean of that love. But that is what is My experience, I'm telling this, and you all should experience the same love. Just watch yourself. It's very simple to introspect, 'Do I have love within me, fully?' Partly it is love, partly no.

Now love can be very much bounded also like 'we love our country', say India. If we love our country, so we may think all Indian things are good. We'll never talk ill about our country. Anybody says anything about India, against, we'll hate that person.

It's with everyone. You love your country. Also you love, say, your parents, love anybody. But (this) is a limited love. It's a bounded love. Love should be just open. Then you will see where do you stand as far as your country is concerned, as far as your relationships are concerned. You will know everything. You need not harm, you need not say anything, you need not quarrel, fight, but you will know - because love gives you knowledge,

complete knowledge about the person. You know the person, what he's up to, what he's doing, but you don't mind because you love that person. So you don't mind. 'All right, go ahead.' It's like a little child. It's going on the wrong way. Let it go.

Now with all these things, whatever you wear, you are very lucky people who have reached Sahasrara and that you all know everything about Sahaja Yoga. But without practising Sahaja Yoga, you cannot work it out because then, by practising it, you know about your Self. When you meditate, you know your Self and then you get just filled with love. But now, while sitting, you just start thinking, 'He's a very bad man. I hate him' - this thing. All such stupid ideas come into your head - or 'I must buy this ornament' or 'I must buy this particular car' and all that, then you are not loving. But if you love, then what happens is that whatever you need, you get. Whatever you want, you get.

You have to first love yourself, but that love should be pure love. As a result of that, you'll cleanse yourself. Sometimes you are so much identified with your temperaments, with your nature, with your personality, whatever it is, but then you realize, in that love,

that 'This is not love. This is blind.'

Love gives you a complete idea about yourself. 'What am I? What problems I have? Why do I create problems? Why do I get into problems?' You'll be amazed that love has such a powerful light in it, that it is the truth and it is the knowledge.

Though I don't know if I could blame anyone in this world who is not a realized soul, I will not - until they are fully realized souls, I will not - because there is no light in their life. They can't see themselves and they can't see others. So what's the use of blaming them, blaming this community, that community or this country or that country? What is the use?

And this love is universal. It has nothing to do with any particular type or particular style. It's universal. That is why Sahaja Yoga is universal. It is spreading everywhere. I want you to enjoy that love.

Only example I'll give you - a grandmother and a grandchild. They have a relationship - at least in India, I know - of tremendous love. For them, the grandchild is everything and the grandmother is everything. They just love each other. Whatever the

grandchild may do, whatever the grandmother may do, it's all right. It's a kind of a tremendous experience of elevation. You feel elevated and you enjoy that love. If there is no purity in love, you can never, never enjoy love.

So I would request you to find out that ocean in your head in the Sahasrara, which is being filled by your heart. Do you know Heart and Sahasrara are very much in relationship with each other? Their style is such that if somebody's head is not all right, the heart won't be all right. If the heart is not all right, his head won't be all right. But there is more reflection from the head to the heart.

They say that there's genes are bad or this - nothing of the kind. After Sahaja Yoga, your genes are changed you are changed; everything is changed now. So your brain is filled with nothing but light. Your heart is filled with light and you are just bouncing with love, all the time with humour, with loving care. Every day, I mean, it's so different. But that you have achieved now. Now you have got it. So just enjoy that.

Then the caste system and the fundamentalism, that, the greed and jealousies and competitions and all, they all drop - useless things. **But if you**

have the jungle of nonsense in your mind, then all kinds of animals can creep in. To purify yourself with love, cleanse yourself with love. Look at every position, everything, with love and you will be amazed how you will find it easier not to dominate, not control, not to despise, not to say things which are not good. It's such a correcting thing, love is, extremely correcting and extremely joy-giving that you will be amazed at yourself, how you are managing things.

I knew of many like that. There was a Sahaja Yogi who never used to talk to his own uncle, never. And he said, 'Somehow, I hate him.' 'But why?' 'I don't know why, I hate him.' And then he went to a race-course and there he saw his uncle coming. He rushed and he just hugged him. Uncle started looking, 'Now what does he want? Why is he doing? What is it?' In his mind. 'Why is he wanting to love me like this?' He couldn't understand. When it happened, you know, that he couldn't explain that he'd become a Sahaja Yogi or anything. So the uncle asked, 'What do you want now?' He said, 'Nothing. I love you, that's all.'

It's such a nice thing to do it. It's

such a nice thing to say. There should be no greed in it, no - any plan behind it, just it's a feeling of an ocean which touches every shore and there it makes a sound, beautiful sound of love. And then the waves return back. Continuously it is flowing and continuously it is working out - never tired.

I know in the Kali Yuga, to be born and to do this work is a very difficult task, but, to Me, it was not. Whatever happened, whatever people troubled Me, howsoever, *I was working it out, out of this flow of love. Went round every place, wherever is possible, whenever it is possible, whatever may be My health or anything, I was least bothered and I have enjoyed all of you very much.* I have enjoyed. There have been one or two horrible people - doesn't matter.

So when you have - saying all these things about Me, only tears come into My eyes. I don't know what else to say. I mean, *it is something I would like you to do, you to get it, this kind of life where you just flow with your love.*

May God Bless You

PUBLIC PROGRAMME

Ram Lila Maidan, Delhi, 24-3-2002

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

(Translated from Hindi)



I bow to all the seekers of truth. Love is the quality which is scarce everywhere now-a-days. Only this love is the devotion (Bhakti) of the Divine. People take it for a word, but it is not a 'word' only.

Love is power, its storehouse exists within us. At times it abounds in all of us. We experience it, when we

see our mother, we experience it. But it is momentary and sometimes it is out of selfishness. But the love about which I am talking is the expression of the spirit, the light of the spirit. It exists in every human being, it is established in everyone, irrespective of one's cast, creed and colour. It is present in all the human beings. It exists in animals too. **You will be surprised that animals understand love; they understand love more than human beings!** So if we are ascending, if we are evolving, there should be a great light of love within us. If our hearts get enlightened by this love then all the gigantic problems, facing us, will at once come to an end.

We have defined love in many ways, but actually no fixed definition could be given to it because it is an ocean. **Love is the great surging ocean within us and we are the ones destined to enjoy ourselves with it. Only human beings could know the waves of this ocean.** These are meant

for us. Any one else may or may not understand but it is a tremendous power for us. When we talk of Shakti, people take it for Devastating Force! Actually it is Peace and Joy-giving Force. It comforts us and solves all the problems of the world provided we get saturated with it.

This love which is hidden in us and losing luster, has many coverings around it. The foremost is that we think no end of ourselves. You are yourself the embodiment of love, what else could you be more than this? What greater force you could become? You are love and love only, and nothing else! Such a power you have got that you can love everyone, purify everyone and fill them with joy. What are the causes behind the problems of the world? The demons of Jealousy, Anger, Ego etc. are the causes. No one knows what pleasure human beings draw out of these negativities and how one gets encouraged by these!

Human being, however, is unable to understand that when I have the treasure of it, why should I go abegging in the streets? When the ocean of joy is overflowing in me, why should I run after the stupidities? Ill thinking and wrong notions are the causes. Often people think that money

makes one great. I have not seen even one rich person who is happy! The faces of all the wealthy people, who come to me, narrate the tale of their anguished heart! They are the most unhappy people. Despite the fact that they have millions of rupees, why are they so unhappy? I am told that they suffered unlimited difficulties and problems! It is not understood as to how they were put to so many problems, when they had so much money! So now-a-days there are different problems. These were not there in the past.

If you have abundant money, then no one knows, how many thugs, thieves and murderers will run after you with their knives in hands! No one knows which problems you will be exposed to! So money cannot make one happy. Possession of wealth does not put an end to one's Greed. Human desires are always on an increase. Why? Because money does not have the power to give contentment. If you have money in excess, then contentment lies in giving it away to poor and needy and reduce their difficulties. Only then you will achieve contentment, otherwise possession of money has no meaning at all. **Money that you cannot give away to needy,**

could not be Lakshmi.

In Lakshmi principle, I have told you, one hand gives and the other supports (*Aashraya*). **So you could have the joy only if you extend support to others with your money.** But if always you save your money, make a mountain and sit upon it, then there will be no glow of joy on your face. People laugh at such miserly fellows. Everyone sees, what such a man is heading towards! But what to do? Until he realizes himself, no one can make him understand. He will not come round and enjoy himself. He could get addicted to some bad habit. There might be the some negative outcome of money that a rich person often gets caught in bad habits, drinking and licentiousness. What is there in money that the person goes on falling, falling and falling! Either he lands in jail or gets ruined! Wealth, which could be the cause of human glory becomes the instrument of destruction!

In the music of love, you think as to what to give and to whom. How to glorify someone? How to express your love to someone? And there are beautiful ways of giving. The joy that flows from this act could not be bought with millions of rupees.

There are people who spend money to get popular. Although It has no special significance yet it is better than not spending at all.

Some people want to gain power. Why to gain power? What is there in power? **Over yourself, you have no control and you wish to control the whole world!** You want to wield power over the whole world! I should have a great position, great power! Everyone should salute me! What is the joy in it? When such people are thrown out of power, no one cares for them. When they think of the past, they make themselves the most miserable beings. What is use of running after such power?

I asked one person, 'why do you take bribe? If at all you have collected so much money, use it for some noble cause, give help to those who need it! While in power, why do you do these wrong deeds? Why are you plundering money? Why do you tell lies? He replied, "I invested so much money to get this position; I have to recover it now," "Why did you invest at all, "I asked? Because you could not have won without it. Had you not spent so much, nobody would have voted for you. You had no choice. So long as you give money or do some illegal

favour to them, the people are happy. It is a fact. I am not telling anything new. We see it in day-to-day life. As soon as the person is out of power, no one bothers for him, no one cares for him and no one recognizes him. No one is friend to him. What is the use?

Whole life you were in the clutches of this power, in the ego of the power, now where are you? And what did you achieve? The power of love helps every one to the end. The help comes only to those who love; to those who use the shade of this love; to those who have visualized it, seen its glory. Such people are remembered generation after generation. They are not only remembered, but also they inspire others and these people endeavour to do better than him. Such people have attained immortality. Who cares for those who, while in power, troubled people and did all sorts of wrong things? People raise fingers on them in no time. Such noble people, are very few in this world, I accept. We regard ourselves very cunning and clever.

Third type are those who are thieves, cheats and those who make money by these activities. What happens to these liars, I need not tell. So what is the need to do all these

wrong things? For whom are you doing it? One could say, 'for the well being of our children.' Tomorrow these same children will beat you with shoes! Why should they respect you? You have no character, who will respect you? Who will look after you? You must understand that these are all useless aspirations and they keep you away from your-self. Understand your love. Lifelong you cannot forgive those who showered love on you, although they never gave money to you. You will always remember their love; remember that they gave me a loving glance and extended the hand of love to me! Such things we come across daily. It is nothing new, it is not History written in books. To know about it, there is no need to read Bible or Koran. It is a matter of routine.

When we have realized it then why have we drawn swords? Our negativities find vent this way. I am telling you very honestly that a large number of our officials take money, as if it were a possession. Every one takes (eats) money. Do they not eat food, they eat money? You will witness the fate of these people! Once we were going somewhere. There were some simple people who covered their nose with cloth. When I asked the reason,

it was told that the man going along was a cheat and he had devoured a huge amount of national money. When I asked the reason as to why they have covered their mouth and nose, they replied, 'lest his smell makes us like him.' How abhorable it is! It is abominable according to our culture. Such an abominable deed has no place in our culture.

Indian culture is very high. One day it might guide the whole world. But we ourselves have departed from it! We have to be modest. It is said that women should be modest. But under the impact of West, they dress themselves in such a way, as if they had bidden good-bye to modesty! Modesty carries no significance to them. It is said about the Goddess (Devi).

'Lajja Rupen Samsthita'

If there is divinity within you, then you are bound to be modest. A modest person can neither dress nor move in an immodest manner. If you are modest, then you are Divine. Some one said Hanumana never wore clothes. Are you Hanumana? Why Hanumana needed clothes for? You are human beings, citizens of this country, why should not you dress properly? Since every one else wears clothes,

they have taken the example of Shri Hanumana, and Mahavira? Once Mahavira was meditating in the orchard of the palace. Shri Krishna wanted to test his generosity. Shri Mahavira had worn only one loin-cloth. Half of it was already torn in a thorny bush. Shri Krishna asked for that half loin-cloth. Mahavira was in meditation. He gave away that piece of cloth to him, covered himself with leaves and went to his bedroom in the palace and put on other clothes. Shri Krishna had appeared before him as a small child. Now you see, these shameless people! How they are making the nude statues of Shri Mahavira! They are so shameless! They are insulting Shri Mahavira! Our religions often follow wrong things. People take to these things and respect them 100 times. Have some discretion, I say. Is it worth doing?

In the beginning of the creation, there were Adam and Eve. The serpent came to them and asked them to eat the Fruit of knowledge. This serpent was none else but Kundalini Herself. As soon as Adam and Eve ate the fruit of knowledge, the first awareness that dawned upon them was that they were naked like animals. They immediately thought of covering themselves and

dressed themselves with leaves.

Firstly we should have the knowledge that we are human beings, not animals. Though some animals are better than human beings, I agree. They have a sense of shame. But shameless human beings regard themselves to be modern and think no end of themselves. Actually element of the Goddess (Devi Tatva) is absent in them. Devi Tatva is Lajja Rupen Samsthita.' They violate this tatva (Principle) sometimes. It should not be done. Also there is no need of veils and too much covering of the face and body. It is unnecessary. Shame and modesty is in the eyes. Showing-off and formalities are not required. But somehow man violates this tatva. Something in man makes him insane. It could not be explained. It will be nice if the women are modest. Modesty is their inborn quality. This Tatva is present in all men and women but men take it to extreme and force women to put up veils etc. But this modesty (Lajja) is inborn quality of the women. Many secrets are hidden in it. There are two chakra's in your shoulders-on the right is Shri Chakra and on the left is Lalita Chakra. We can prove it. If you keep this chakra uncovered then you will be harmed. Now I do not want

to talk about it. Some other time I will talk in details. However it doesn't apply to men. Their both these chakras are fully opened. But woman, being the shakti, it is essential for her to keep these chakras covered. There is no superstition about it. It is foolish to be superstitious but it is good to be careful. In love, one is always alert. He knows and understands everything and gets concerned about all the happenings. Poor women sometimes commit suicide. A girl came to me. I asked her, why are you so disturbed? She said, "why did she commit suicide? And she was only 10 year old girl! Who told you? I read it in the newspaper. Now what is this attraction towards an unknown person? It abounds in small small children. Because children are very innocent. Their innocence pricks them that this should not have **happened**. Sometimes children get annoyed or feel shy. However they are full of love. Love is their life and the essence of their life. They are not concerned with other material objects. These are not significant to them. What is special in them? The absence of their mother or grandmother disturbs them a lot. Why does it happen? How does a small child know all this and why we adults do not understand it? Why do not we understand that this quality of

love is so much developed in small children and we elders, who think no end of ourselves, are devoid of this divine quality of love? Our intelligence pushes us to darkness. We do not know what moves us and fills us with delight, what comforts us and also other people? We do not understand what is beneficial for the society. We have made our own styles that by wearing a particular type of dress we shall be comfortable. Now in this old age why to wear beads around your neck and to get into all this stupidity? But we think that we have become so great that the whole world will worship us. This is self-deception and deceiving the other people. If you want to deceive yourself, it is your sweet will, but you have to face the consequences ultimately. The world will gauge your depth.

So first and foremost is to attain the wealth of love, the ocean of which lies within you. This is the goal of Sahaja Yoga. It awakens your Kundalini. Kundalini is the blueprint of your life. By the awakening of the Kundalini and establishing it in Sahasrara, the Sahasrara gets activated and enlightened. You experience the ocean of joy. You feel that you have been transformed and have become the

ocean of joy, ocean of love. You are amazed at yourself that 'I was never like this! How have I changed? Actually you were like that, but you were not aware of it. Kundalini has given this connection. Now you see for yourself that you have got connection with the all pervading Power of Divine Love. It appears very insignificant but the awakening has enlightened the power within you. The Kundalini Awakening works it out. Those Sahaja Yogis who have attained it, have done so very easily (Sahaj). **What have they attained? The ocean of love that is in our brain, in our Sahasrara.** It was dormant, now it has been awakened. We are connected to it and flowing in its stream. The ups and downs of the world will go like that. We have to look to the source of joy. When you experience this joy you will be inundated by it. It is the matter of experience, not of words. It reflects on the person. Your life gets enlightened and thousands of seekers get enlightenment and joy from you.

Today you have come to Sahaja Yoga programme, you have also got the connection. Now keep it awakened and enjoy yourself with it. All other achievements are insignificant.

There are people who say, 'Shri

Mataji, I have got the awakening but I am not happy." It shows that your connection is loose. Some will say, 'I have got realization, but I have not got money so far. It means you are not yet awakened. I do not read the letters of such useless people and ask them to take Sahaja Yoga more seriously. After realization everything changes. One's worldly love gets transformed into divine love. One becomes altogether a different personality. Their faces change. It is a joy to see them!

Recently, someone came to see me. He appeared to be very diseased and fallen health. I could not recognize him. 'Have you recognized me?' he asked. No, I have not, who are you? 'I am such and such,' and he fell on my feet. I was in tears. The person who was counting his days, got alright.

The disease of ego is horrible. It is madness. It is such a killing monster which devours human beings. But you go on justifying your ego! You give reasons for it! Ego is the worst enemy of man. One thinks no end of oneself.

When ultimately one realizes the baselessness of ego then one is aghast. Both, money and power, encourage ego. Under the impact of ego one takes to self destructive things. Then what is the use of this destructive ego? Such a person thinks himself an exclusive personality. He is friend of none. He is not part of the collective. 'I do not like this person, I don't like that person.' He does not listen to anyone. The life of such a person is worse than death. I know one gentleman. He was a big gun, but very egoistical. Perhaps he was in parliament. When he died, even four persons were not available to carry his coffin. They hired people to carry the dead body. What is the use of such ego that no one likes to come to cremate you after your death! Even his dog ran away. I was amazed! I said, 'what sins he might have committed?' His ego pushed him to such an abyss that there was none to carry his dead body!

May God Bless You.

(English part of the speech)

I have already spoken a lot about this, about love, and sorry I have to speak in Hindi language but the thing is, it is better expressed in Hindi

language. Because you see the loving capacity is very much in India. People live with their love. They understand each other with their love. Ofcourse

not in westernized Indians. Westernized Indians even don't love their own country. There are many people who love their own country. We have many like that, but on the whole Indians are loving people. They love you, you go to their house, they will serve you food and they will be very happy. If they don't have anything, they will get it from outside. They will ask their friends, they will telephone people.

They will look after you. Nowhere in the world you will find, nowhere. People don't believe in entertaining people. Every where entertainment has a calculative value. By entertainment what would you get? In India if you go to even a poor man's house, he will ask you to sit down, give some milk to drink. It is the heart which is large.

Ofcourse we are also now becoming money oriented but as it is there is not much money in this country. So people have still maintained their capacity to love. You must have noticed. All of you are here, how Indians are loving and kind! But not modern ones. Modern ones you see are competing with you. So I can't say about them. But the people who are traditional, who are old and who believe in the culture of India, they are

extremely loving. That's why we are surviving after 300 years of domination of British and still we are having our culture intact. It is only because of this loving nature of this country. You won't find such loving people anywhere. You go to a village or anywhere, they will try to help you everywhere because you are a foreigner, they will respect you. I mean if I call you a foreigner that means you are respectful. They will have respectable way of calling you, of inviting you. It is respectability. If I say they are foreigners. But abroad if you are a foreigner you are discarded. You are a low level. If you are a foreigner, **Oh foreigner**, alright. Not here. If you are a foreigner, they will appreciate you, they will understand you and they will love you. They will express it. I have not even once seen anybody insulted or troubled, any of our Sahaja Yogis from abroad. No one. They just don't do it. Once it happened, surprisingly, that there was a theft and they took all the cameras and this and that. So I told them if they are foreigners, don't do such a thing, otherwise what they will think of it. They were small children. They gave it back each and every piece. So to us foreigners have something to be looked after, to be loved. To be loved. But I have not seen this anywhere in



Sahaja Yogis must develop a kind of tremendous love for people who don't have what we have.

the west. Ofcourse Sahaja Yogis are different. But in the west, they doubt everyone if he is a foreigners. Its very surprising why this kind of nature prevails or the culture came in the country of Jesus Christ.

His main theme of life was love and why this kind of culture prospered in these western countries who follow Jesus Christ? I can't understand. Because I have not seen there in the expression of relationships. Loving somebody to them is sin. Now you have come here and you have come in Sahaja Yoga. So now you teach this. They should be kind and loving and not only that but to appreciate for coming from other countries, look after them who are coming from the countries which are not rich. All this should spread so much to this extent that we should help those people who are not very rich and also we should love all such people who are in trouble. This is something that should come into all the foreign people specially in the Sahaja Yogis that they must develop a kind of tremendous love for people who don't have what we have. I must tell you that I was very happy to meet

a lady from Austria who wanted to start an orphanage. She said, 'Shri Mataji we must also do something. I was very happy I said, 'Don't worry, I will give you everything. I will give land, I will get you the building built. You have only to run it. She said, 'Shri Mataji, we have already collected Rs. Eighty Lacs for this project. Oh God! How could you collect so much money? We have collected it from everyone. I was so very happy. Otherwise people give money only to spread Christianity. The basic thing should be that you should help people only because they require it. Might be that you require this help in your next life! So, better take to this kind of generosity to love and understanding of human problems. I tell you that all our problems, all worldly problems could be solved with genuine love. It can be solved, whether it is the problem of India or the problems of some other country. Only thing missing is love. So take your realization. With realization, whether you like it or not, you will fall into the ocean of love.

May God Bless You.

HOLI PUJA

Palam Vihar Home, Gurgaon, India, 29-3-2002

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

(Translated from Hindi)

Shri Rama incarnated before Shri Krishna. He was *Maryada Purshottama* and as such lived a very austere life. As a result of the austerities practiced by the King himself, the whole society turned sober and serious. The element of joy and gaiety was completely missing. In *Dwapar Yuga*, when Shri Krishna incarnated, He wanted to put an end to this extreme seriousness prevalent in the society. He thought of having a festival in which everyone could laugh heartily and have fun and joy. So the festival of colour-Holi, was started with this purpose. People, however, took undue liberties and misused the festival to the extent of defaming it. I had also to tell that "I do not play Holi at all."

The myth behind it is that there was a demoness named Holika. She was the sister of *Hirnya Kashyapa*—the father of *Prahlada*. Since Prahlada was the devotee of Lord Vishnu, his father—the demon King—used to harass and trouble him. Hiranya

Kashyapa wanted to kill Prahlada. Holika had the boon that fire won't burn her. Hiranya Kashyapa asked Holika to take the boy Prahlada in her lap and sit on the burning pyre, thinking that she could not be burnt. But to his surprise Holika was burnt to ashes and no harm done to the child devotee of Shri Vishnu! It was a significant incident which proved that it is sin to be cruel, arrogant and aggressive. Despite her boon, Holika was burnt down and no harm done to the innocent child—devotee!

Such is the myth and traditionally we burn Holi every year. There lies a lot of truthfulness in all our traditions. We have to understand that misdeeds, cruelties and troubling others are evil-tendencies. Right sided people develop these devilish traits in them. We should not allow such thoughts to dominate our brains and should give no significance to them. We should love all. It is very important to understand otherwise we shall all be demonic like Holika. Now right sided people

develop this problem. It is a big lesson for them. No harm was done to the innocent child Pahlada. God almighty saved him, but this demonic woman, who got boon as a result of her severe penance was reduced to ashes. One should understand that all these demonic tendencies are destructive. We should give them up and be generous and loving towards all. Quarrelling and fighting with each other are not virtues. These are demonic tendencies.

We should not take to these evil-traits, we are Sahaja Yogis. We are special people, we have incarnated to change this world, to transform it completely. We should put our attention on that. We are very highly placed, higher than all others. We have to save this world from falling to these tendencies. These are much in vogue these days. It is unworthy to say these abhorable things and to be cruel and dominate others. It is unnecessary in Sahaja Yoga.

You are powerful enough. You have such powers within you that if someone endeavours to trouble you, you will be protected like Pahlada. No one could destroy you. You are so much protected! No such thing could destroy you. So there should be no hatred or anger towards anyone. You should have a feeling of compassion towards those who are victims of evil tendencies. Think of transforming them. If you become forgiving then it could workout.

Small child Pahlada is a big example. He challenged his father who was a demon! But Pahlada was saved and his father got killed! Death is not the main point. The person falls too low. People with evil thoughts fall in the abyss. So do not give place to the feelings of hatred and jealousy. Cleanse yourself immediately.

May God Bless You.

GUDI PADWA PUJA

Palam Vihar Home , Gurgaon, India, 13-4-2002

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

(Translated from Hindi)

Gudi Padwa is celebrated in different parts of our country. The way we celebrate it here, it is celebrated in South too. Every where this festival is celebrated. The beginning of the *Vikrami Samvata* and that of the *Sahlivahan Shaka* also fall on the same day. Today is that day. All our dates and festivals are decided according to it, particularly our festivals. We follow the Moon calendar whereas foreigners follow the Sun calendar. That is the reason that the dates of their festivals never get changed. But all our festivals depend on the position of the Moon. That is why their dates keep changing and all our festivals are celebrated on different dates.

We give much significance to Moon and decide all our dates and festivals according to it, the reason being that the effect of the moon on human being is much more than that of the Sun. Other planets also have their effects on human beings. So we

go according to the Moon and fix the dates of our festivals.

Only one of our festivals is fixed by the position of the Sun. The day when the journey of the Sun starts towards equator (Uttarayana). On that fixed day we celebrate one of our festival—'*Makar Sankranti*.' Throughout the country this festival is celebrated on the same day. This date never changes. All our astrology and astronomy go with the position of the 'Moon'. The state of the Moon is considered in astrology and astronomy and the whole astrology is made accordingly. So our first calendar, Shalivahan Shaka is based on Moon. All the dates also go according to Moon. Those who have no knowledge of these facts cannot understand the reason behind these festivals falling on different dates. So we have to think that the significance we have attached to the Moon is because it has a great impact on human beings. We should be careful about it.

The greatest effect of the Moon is that our left side (left sympathetic) depends on it. Very few people know about it. The reason of giving so much importance to this left side is that it affects our Psyche. That is why so much significance is attached to it. The effect on left side is Psychic, it doesn't belong to our brain. It cannot be controlled. Psychic problems cannot be controlled. Nor the effect of the Moon. So the dates of the Moon are to be considered.

For example on Amavasya (No Moon Night) or Poornima (Full Moon Night) the problems of epileptic or P s y c h i c patients get aggravated. On such occasions we could see that the person is affected by No Moon (Amavasya) or Full Moon (Poornima).



So we are very sensitive to the position of the Moon. Very subtle calculations have been done about it. In our country we know, much before, the dates and times of Moon eclipses. Much thought has been given to it and we have acquired lot of knowledge about it. It shows that lot of attention has been given to the effects of Moon. So much has been written about it.

In modern times everything is being calculated on the position of the

Sun but it is not proper. Position of the Moon must be taken into consideration. We should know what is going to be the effect of the Moon today. It is a very subtle subject. We should have knowledge about it and it should be discussed in our country.

Today is

new year day and the beginning of the Moon. That is why this day is given so much significance. It is known as Gudi Padwa. A flag is put on a stick and on it is put a small pitcher. This pitcher represents Kundalini. It is taken as a symbol. The Shalivahanas were the devotees of the Devi (Goddess) and it is told that they used to offer shawl to the Goddess. In the beginning they were called Saatvahans because they worshipped Seven Plexuses and this Saatvahana was ultimately changed into Shalivahana. But the symbol of Shalivahana is the same. They put up a 'Gudi' means a flag and a small pitcher is put on it as a symbol. This pitcher has a particular shape which represents Kundalini. So they were the worshippers of Kundalini and followed it. That is the reason they made this symbol in this way. All those who follow Kundalini put up a Gudi in their houses and also put a flag on it and thus it is indicated that they welcome Kundalini and exhibit it in a special way. But all these people are moving in the rut. They are doing all these rituals without knowing the cause of it. One should know the reason for doing certain things. What is it? Because Saatvahanas were the worshippers and protectors of the Kundalini and they started their New

Year like that. In the New year they made their symbol in the form of a small pitcher and the flag put on the stick. But here in this part people do not know about it nor do they celebrate this festival. This Samvat or Vikrami calendar was also started from this very date. The years of their beginning might be different but the date is the same. Both of them follow this Amavasya and that is how the followers of Vikrami and Shalivahana Samvata celebrate Gudi Padwa. Actually it is not Amavasya (the first day of the Moon), today is that day. There is no Moon in the Sky. It is complete dark.

We should know why it is celebrated in our country? What is particular about it? Without knowing about the customs and festivals of the country we could neither love it nor respect it. These things are very deep rooted but we have no knowledge of them. People say it is Kaliyuga. Why has this Kaliyuga set-in? What is its meaning? Mostly people do not know. They know about it from different people and talk about it. It has an important myth behind it, of the time of King Parikshita. No one knows about it. No one reads it. People read only stupid books, at the most they

read Ramayana but they have no knowledge of its message or its philosophy. No one knows about it. But we Sahaja Yogis must acquire this knowledge. We must know from where the culture of our country dawned and how it reached at this level. Without this knowledge our approach will become like the foreigner's and ego and other negativities will have hold on us. So it will be better to understand from where these qualities have come and what is their significance. Why do we do certain things? Or we do it because other people also do it. It is not proper. We must have thorough knowledge of it. I desire that all the Sahaja Yogis should know about it, understand it. If I had time enough, I would have written about all these things but I have no time. You people could read and know about it, all the books are available. There are so many books in Hindi language in India but no one reads them. All these books are available in Delhi. I got them here. We must know about them. Whatever is mythical contains a lot of useful things. By understanding them we could know

the roots of India.

Why we Indians are considered the best? Socially we might not be the best but culturally we are considered the best. Many knowledgeable things have been written in these books, such as, what is Dharma and how to establish it? I wish you people study them. The study of these scriptures will give you a new direction, because foreign language and books of knowledge are very superficial. There is a publishing firm named Sasta Sahitya Mandal. I got many books from there. It is a beautiful shop. Books are very cheap there. You don't have to spend much money. Ofcourse, time is needed. We read unnecessary things, watch useless films and read unnecessary news. Our study should be very deep and about our old-old treasures.

Today is very auspicious. I was not feeling well, yet I thought that I must go for Puja on this auspicious occasion.

May God Bless You.

SHRI HANUMANA PUJA

May 1989

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

It is such a joy today and the whole atmosphere seems to be bubbling with it as if the angels are singing and the speciality of Hanumana was that He was an angel. Angels are born like angels, they are angels and they are not human beings. They are born with the angelic qualities but now you all have become angels from the human beings. It is a very great achievement of Sahaja Yoga.

The qualities that are born with the angels are seen from their very childhood. Firstly, they are not afraid of untruth, falsehood. They are not worried as to what people will say to them and what they will lose in life. To them truth is their life, they breath truth and nothing else matters with them. This is the first great quality of an angel. They will go to any extent to establish truth, to protect and to protect the people who are in truth. It's such a wide range of these angels all over. So in the left side we have Ganas, on the right side we have angels and translated in Sanskrit language or

any Indian language as Devdoots means they are the ambassadors of God.

So, now you are the same, you are all angels. Now only thing you are not aware that you are angels while they were aware from their childhood. If you know that you are angels all your qualities will start shining through and you will be amazed that the quality of standing by the truth at any cost is so easily managed for you, because you have been given the right, you have been given the special blessings, the special protection from the Divine that *if you stand for the right and if you stand for the righteous and if you stand for the truth, all kinds of help to protect you will be given.* Angels are aware of this, they are sure of it, they are certain, there's a certainty about it but you are not. Still sometimes think may be-may not be, same style goes on. Believe me-you are angels, you have all the powers and what rights you have Human beings can not get over you. That's the

speciality of angels, not of saints. Saints could be manoeuvred, they could be tortured, they could be troubled. Incarnations may do the same. Incarnations accept it, they want to have all these penances done to them so that they create an event in their life to express themselves in a more dynamic way. If there was no Ravana there would have been no Ramayana, if there was no Kansa, there would have been no Krishna. So, the incarnations take upon themselves the problems and also they fight with the evil. So it looks sometimes that we feel that they suffer but they don't. But the angels have a special category. They don't take up any problems upon themselves, they just solve them. If there's a problem, it's the angels who solve for the saints as well as for the incarnations and they are to be told sometimes that don't jump in just now, you are working out on the stage now, you will jump when we will ask you. They are ready, standing at the door just to jump in, so anxious! And they are fixed quantities, you can rely on them, completely. For example, Shri Hanumana, as you know Him an angel has great capacities, great powers and it is His right to use them, and He is very aware of it. He does everything very amusingly, uses His power very

amusingly. Like He burnt the whole of Lanka and He was laughing at it, then He extended His tail and put it round the necks of many rakshasas and He was just playing with them and then flew in the air and they all were dangling in the air. So, It's a playfulness of the angels also because they are so confident, they are absolutely aware, absolutely identified with their personality, with their powers, with themselves.

Here the Sahaja Yogis sometimes don't understand that I have made you into angels. I have not made you into saints but angels and you are always protected. I can only make angels I can't make saints, saints are made by their own efforts, the effortlessness doing is like Ganesha, like Kartikeya, like Hanumana. In the same way you are all made, with the same style. So, try to understand that what I say about you is the truth. Kinds of conditionings work even through you people, though you are saints and you don't know how to spread your wings. Still sometimes I feel that the rebirth has taken place and they have all become like angels with wings but as little birds they still have to learn how to fly. But you must gain your confidence by your experiences which you have in Sahaja

Yoga. As you were singing yesterday 'miracles everyday, miracles around you', these are done by the angels and they try to convince you that you are one of us, just join our company.

So we have so many angels now sitting here and why should not we think of transforming this world? And there's one more thing that you have other than the angels because angels do not raise the Kundalini, they cannot, they are not bothered about it, they are there to kill, to burn, to suppress, to remove all the evil people around but they cannot transform, angels cannot transform. So you have a greater right than they have in the realm of God that you can raise the Kundalini of people and you can give realisation. But human conditionings are still sticking on. For example-I wore a ring the other day and then my daughter started teasing me that now you must only show this finger all the time to people so that they see your ring. So, in the mundane human life whatever we have, possessions may be powers, you see for example somebody is a mad with some position immediately you can make it out with his nose and lips, the way they are turned upward but the powers that you have in your possession, you are afraid to manifest

them and to talk about it, to use them.

Imagine with so many angels the whole of England should get realisation in no time but we are still trying to learn what we are! Hanumana had no problem because from His childhood he knew that He was an angel and He has to do the job of an angel. Because we were born as human beings and now we have become angels. We find it difficult to be dynamic like other angels that they were. Even your thought, collective thought, even your individual thought is powerful and your attention is powerful because of this fear or may be the conditioning as you can call it or may be the ego part which is still sticking on to you. You still hang around false things and that force, that dynamism is not expressed. We can blame any thing, like we can blame lethargy to some country, ego to some country but now you have lost your countries completely. Now you have entered into the Kingdom of God. You are in a country which has no bounds, which has no limitations and then all these conditionings that are still lingering in you shouldn't bother you at all and shouldn't upset you or deter you from doing whatever is your job.

Now imagine, Hanumana, as

Gabriel, had to go and tell Maria that there's a child which is the incarnation, the Saviour is going to be born to you. She was a young virgin-to break such a news which was horrible compared to the conditionings of those days. He did it - "I have to do it, so I will do it, if that's the order I will do it" - because he knew that the carrying out of the order is His nature, is built within Him and He is not going to doubt it, He is not going to weigh it but just told and He does it.

So, a great understanding has to be within us that we are growing within ourselves but if we do not manifest, if we do not show our qualities and if we do not express it in our life, in our doing, in our object, in the meaning of our life, then Sahaja Yoga is not going to spread nor is it going to help you much. The kind of work you have to do has no problems with it. I have problems, not you. You don't have to face problems, you go and talk to anyone, whatever you feel like. They will jolly well have to listen to you, I should say, but if they don't they can't harm you. They can't do any harm to you. This is a very great protection you have. They cannot hinder your work.

Coming to Sahaja Yoga is not

what we have gained, what we have got. See the people who say you have done so much for Sahaja Yoga and what Sahaja Yoga has given us? It has given you self realisation, it has given you the angel status. I mean you try anything else, can you get the status of an angel? You cannot, Sahaja Yoga has given you that status, so what more do you want? It was never possible before, believe me, impossible situation. If it was possible in any way then Gyaneshwara would not have taken Samadhi at such a young age and Kabira would not have said, "Oh God! What am I to do, this world is blind." So, you have that subtle power within you that you can work out on people's Kundalini without even their knowing about it. *But in meditation when you sit down you must admit yourself I am an angel and as being an angel I have no attachments with anything else but with God's work.*

Attachments are so many, still in Sahaja Yoga, I have seen it, people have like attachments to, now because they are married, so they are attached to wives and so many have fallen out because of their wives attachments. Then they have attachments to their children and so many will fall out if they have attachments to their

children. As I told you yesterday that all the children of the world who are Sahaja Yogis are your children, you are the parents of all the children. It's not that if your child is sleeping you will cover that child, no, you cover all the children you have to look after, all the children which are lying down. Can you think of Hanumana if He was here and when the children were sleeping He would just cover the body of one child because He is a universal being. So, every child has to be loved the same way cared for by you.

Then there are other attachments like possession, positions, jobs. I have none so I don't know what others except for when I see you so much lovingly coming to the station then the whole heart becomes like an ocean I think and just starts like a big swell of a tide like that, if you see that and then when I have to leave you again it recedes back like a sea which is now receding. It's something like you see the moon and the sea starts reacting to the beauty of the moon, the joy of the moon, the love of the moon. Then I see the love - the love that is you see in a nest where a bird is feeding it's young ones and you see this love in the sky, then you see this love in your heart-and only thing that you can

describe is the feeling of tremendous ocean of joy within you, just flowing out.

The attachments do not give you capacity to enjoy that ocean. If you are standing on the shore how will you enjoy the ocean? You have to jump into it but you have got your anchorage on to different things, so you can't jump in. And you are so safe you know how to swim, you know how to kill a shark, even one sight of yours is sufficient, but because you are not aware it is not acting. Absolutely this is the case. I have seen people who get small positions in life and they start boasting about it I met this and this man. I met that and that man and this happened, and that happened, so you feel like laughing at the person. I mean but you have met Sahaja Yoga by which you have grown, you have been nourished, you have become so great. With all this we have to follow the line of Hanumana. He thought the Sun is very egoistical. Tries to burn people sometimes. It gives too much heat and the Sun worshippers also are egoistical. They have so much ego in them. Any word, if you say wrong in their language or in their customs say, you hold the fork in a wrong hand-finished. You are the worst person in

the whole world, committed the greatest sin.

All such small stupid ideas come out of a very depraved ego. Ego is so depraved when you start thinking no end of yourself that I am everything and I know everything and this custom is the best or that carpet is the best. I, I don't like it. But who are you? Who asked you to like it or not to like it, I don't like this, I don't like that. On the other side the egoist always becomes slave also. I must say that after going through the countries which are following certain norms, which are the dictations of the ego like an artist now, for example, an artist produces something for his joy but he must be criticised by everyone, the criticism should be, I don't like this, this colour is not good, that is not and you have professionals who do this! They don't know how to even draw one pencil line properly. Leave alone painting anything. But immediately they will say I think this-this is you see - they have made books out of it, thesis and theories! I mean, art has something to do with your heart and not with your brain. That's how you have killed so many artists and everybody who is painting has to think what people will say about this! But as a result of that

something absolutely absurd grows without any subtle expression, is to be appreciated.

This is because of our ego which has suppressed every proper spontaneous living growth of our thought, of our art and of our life. I think it's worst than all the contamination we talk about or ecological problems. This is the human mind which has produced these suffocating areas where nobody can express anything and the one who has a greater ego, dominates. This book has been written by such and such person, you meet that person you feel like jumping in the sea. So everything written is not a Bible and those mostly who write are people whom you should never meet without a barge pole. So, anything that is expressed, you see, say in a dress or in a relationship with your children, in relationship with your teacher, relationship with anyone has to be so and so and so. You must say thank you many-a-times, you may say sorry many-a-times, so we are so much curbed into artificial expression that I think after sometime there will be no art produced. There's no exuberance, they cannot, they are afraid. I don't know if you have noticed this or not

but those who go to see any museums or go to see any exhibition, anything, think, all of them, to be great, some Divine personalities that they can judge everyone. Through the Agnya that we judge, that is what Hanumana wanted to eat once and for all. The movement of agnya which goes right and left you see which makes us express our so called nonsensical personality of ego is the one that he tried to control and eat it off. As I eat bhoots, perhaps He was eating this Sun. But for an angel it is important to know that there is no ego within you. There are some Sahaja Yogis who say Mother I didn't want to do too much of Sahaja Yoga work because my ego will come up, I don't want my ego to express it. But why do you want your ego to be destroyed, for what? For Sahaja Yoga work, isn't it! What a vicious circle it is that we say that we want to keep our ourselves in the background because our ego should not develop.

You are just thinking about yourself, what about Sahaja Yoga? So, now-a-days the trend is oh! Better be on the safe side because they have seen some people who were very egoistical, who were very dashing about Sahaja Yoga, who tried to show off, had to

fall. So the another trend has started I feel in Sahaja Yoga that better be on the safer side. Between these two Sahaja Yoga will be lost. So if you know you are angels you will have no ego. Anybody who knows that this is his nature to do something.

Like today my husband was praising me, saying that it is you who has done all. I said, not me, It's not me. He said, how do you say, It's not you. Because, I said, it is innately built in them. See, if it is planted in the mother earth, then it sprouts. In the same way, they have innately built within them, their Kundalini-it sprouts. So, how's it I have done? But he said, Mother Earth has done it. I said, No. It's the quality in the Mother Earth which is built in, has done it. So, he said then who has done all this? So, I said, It's done by Adishakti, agreed, but Sahaja Yoga is not done by Adishakti. She has created these powers in everyone which works out but Sahaja Yoga is not. Sahaja Yoga works through the innate qualities that are in the Mother Earth and that are in the seed. So, I am here as, not as Adishakti, I am here as their Mother, as their Holy Mother, and as Holy Mother I have guided them, you can say I am like the Mother Earth who

sprouts seeds. So then another detachment can come in into you that these are your powers, within you, which have been just enlightened by your innate nature of Kundalini and that you are empowered yourself and all this power that is within you is only told by me that it is within you. You see for yourself, only like a mirror I am telling you are this, you see for yourself. So, how can I take any credit for it?

So, you can even have detachment to understand that the power that we have is for Sahaja Yoga as Mother has powers to work for Sahaja Yoga. We too have powers to work for Sahaja Yoga and as she works we also have to work. **But there is attachment like this-Mother is doing everything what can we do! No, you have to do it. This is a very important detachment which I am trying to say that you have to do this yourself. It's not that Mother will do, after all Mother is doing everything. It's correct that is correct in a way but you are the instrument.** Electricity is doing everything here but this instrument has to work. So, the source may be there but the instrument is the one which delivers the goods and like Hanumana

you are the instrument, and you have to work, you have to do the job.

Another great quality of Hanumana was that He was very alert and that He was beyond time. When you eat off the Sun, where is the time! He was beyond time because of that everything He did very fast. For example-now we are preparing, say a book of Sahaja Yoga, for the last sixteen years is going on, is working on, is working on, then we are trying to make some arrangements about having the recording of the sick people and be cured with Sahaja Yoga, that's happening. Very good, happening, then we are going to go to Russia to spread Sahaja Yoga - working. All the devils have reached there but the angles are still working it out. Very patient, very patient angels! So, one of the qualities of Shri Hanumana was that He was a fast person. He would do the work before anybody could do it, He was outbeat. It's alright to fight in and win and defeat Napoleon but in the field of dharma, in the field of Sahaja Yoga I find people don't understand the importance of time. We are delay masters and delaying habits we have-alright I will telephone, I will find out, it will happen. This is one of the greatest defects we have which we

have to learn from Hanumana that Rama wanted to send word, so He sent His ring with Hanumana, Rama could not do that fast, so Hanumana went and did it. Then Rama wanted to have this 'Sanjivini', this kind of a herb, so He sent him to get from a particular mountain. He said, now why to waste time finding it out better take the whole thing. So, He carried the whole mountain there. Better do it quickly, immediately, this is the time to do it; but next year we will see Mother, you know after Ganapati Pule we can consider. We will have discussions and then we will have arguments and this and that.

This is one thing about His character one has to know that today when we are worshipping Hanumana we should have that quick-wittedness within us. It is to be done now, we cannot postpone it anymore, already we are very much delayed. I saw the girls who were wearing frocks, small little things, have grown into big girls now, about to be married. So, I think all my life I will be marrying Sahaja Yogis. To see the results you have to become quick people, not to linger and be satisfied with other things but positive things what are we doing. For example It's nice, children have grown

up they had such a nice drama, play-all that I enjoyed very much it was very good for everybody's enjoyment but job is there we have to do. You have to do the job. So, attention should be on the job, and that's what what are we doing about it? I was happy that a suggestion has come from America about making a video film and things like that and then there are obstructions how are we going to get money? What is going to happen? *You just start it, you will get it, you have powers everything will be synchronized properly you just start doing it, but if you behave like human beings-first think, then plan it out and then cancel it, it's not going to work out.*

Though Hanumana is running on the Pingla Nadi all the time, what He does is to spoil our plans. Because instead of Him we run on the pingla, this is alright you running it. I will put you right. So He sidetracks all our plans all the time, that's how all our planning fails. We are particular about timings, about things of no importance but we are not particular about timings of our progress in Sahaja Yoga. We must have targets, we must have fixed times, alright by this time we have to achieve, but do it little faster is better.

All other things can be managed but this is your job, nobody is going to do it, nobody is going to do it, this is your job. I mean you are not going to run the train, you are not going to fly aeroplanes and you don't have to run any administration and stupid politics, but you have to do Sahaja Yoga, you have to spread it, you have to bring it to a level where people can see it. Now eighteen years have passed, this is the nineteenth year.

So today is first day of Hanumana's puja. I must say you have to venture, you have to venture without any fear collectively and individually forgetting as to what will happen. I mean you won't go to jails, you will not be crucified, be sure on that. I mean if you lose your job, you can get another and if you don't get a job you can get a dole, alright. So you don't have to worry about all useless things which human beings sit down and worry but despite that they achieve work, they do their jobs and how much they are wedded to it, I am surprised! I have seen it in my family, how much they are wedded, they have do this work they have to do it. They will get up in the morning do this, do that but you are not aware that you are angels and this is your work, so you have to

do this and nothing else is important. I hope by today's puja that enthusiasm, that venturesome nature will vibrate your pingla and without feeling any ego about it in the most humble manner as Hanumana was, you will do the jobs. Hanumana, imagine, was given a beautiful necklace of gold with big-big balls for Him to wear by Sita and He opened all of them one by one. He said, there's no Rama in this what will I do with this ball. So, She said, where is Rama? He opened His heart and showed it, see Rama is here. If Rama is there you cannot have ego. So much of dynamism and so much of humility what a combination it was! And that's what you have to, you have to just manifest. The more you will work, the more you will assert yourself. You will find that humility is the only thing that helps. Obedience is the only thing that helps to carry out your work and you will become humbler and humbler. But if you think oh! I am doing this then finished. But if you know it's done by the Divine, Param Chaitnya is doing everything, I am just an instrument, the humility will be there and you will be an effective instrument.

I hope in this country today it was very necessary and it was so timely it's all organised by angels that we

should have this puja here but it's good for all of you. You have to really go and see media people, go and see these ministers, go and see, say, Prince of Wales, go and see another person, meet them, make committees, see what you can do. Put your mind to it what are we to do but here only my Mother is sick, my child is sick, my this thing is sick, my friend is sick, my-still going on with it! *If you start doing God's work your worries are taken over. You don't have to worry about anything, just taken over. But it's not self propagation it's not, it's the propagation of the collective.* I hope today you have understood the subtle side of your being which is there, which is exhibiting which I can see clearly and that you will all of you will in your meditation become aware of what you have within yourself. That's the greatest thing that will please the Divine and Divine will look after you fully. With the same confidence as the angels like Hanumana you have to go further and work it out.

May God Bless you All

I have to say about the ego part is this, which is really the problem in

the west, why people have so much ego than Indian people have? One of the things is that the right side is, as I have told you on many-a-times, is like an accelerator but left side is like the break. So. If the mooladhara is not in control, if the break is not alright naturally the accelerator can not be controlled. So, basically our mooladhara should be brought down and must be put right. You should work very hard to do that if your break is established then what ever work you do for Sahaja Yoga you will not get into ego practices and ego cannot anymore control you. So that is very important specially in the West where it is being really dangerously destroyed, the idea of auspiciousness and of holiness. So that is the power of any angel and that has to be fully established within us and then on that power we will work out, which gives you discretion, which gives you egolessness. I hope today both these things will work out within us in such a manner that we will really become absolutely self confident realised souls whom I call as angels of modern times.

May God Bless You.

SAHASRARA PUJA

Cabella, Italy, 6-5-89

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

Last night was the night of complete darkness that they call it as 'Amavasya' and just now only the first phase of the Moon has started. Today we are here to celebrate the day when Sahasrara was opened out. Also you have seen in the photograph, it was actually the photograph of my brain which showed how the Sahasrara was opened out. The light of the brain now could be photographed. Its something great this modern times have done. So the modern times have brought a lot of things which can prove the existence of the Divine. Also it can prove about Me. It can convince you what I am. This is very important because **in the modern times this Advent has to be recognised. Has to be fully recognised. This is one of the conditions for all the Sahaja Yogis.**

Now let's see what is happening in the modern times in the brains of the people. In the brains of the people today if you see, there is an attack on the Sahasrara. There has been an attack since long but in the modern times it is

the worst, that they are trying to make the limbic area very insensitive. Very depressive novels, very depressive thoughts and very depressive music you can say like Greek tragedy, nonsense. All these things came from the medieval period till you should say this new age has started. That one itself was no good for our limbic area that made us very depressive. We took to alcoholism to escape from the so called miseries. But then came this modern age in which people became overactive. Overactivity started. With that the brain also became overactive in addition to the dullness before its gone to the other extreme of over activity. So to dull it again they took to drugs, they took to very horrible music. That's how they make this limbic area very very insensitive. So a drug which was just a stimulus to begin with, was to be taken in greater quantity and later on they had to take drugs which were of much more severe nature. Went on like that and now we know that this drug is the only way people think they can survive. Why? Because of the tension they talk of. In

the modern times we have something called tension. It was never there before. People never talked of their tensions. Now everybody says I am in a tension. You give me a tension. *What is this tension. This is because of my advent. The limbic are wants to know about me. And the Kundalini also as Sahaja Yoga is increasing, is trying to rise in people. Because you become the channels. Wherever you go, you generate vibrations and these vibrations give a challenge to the Kundalini or a message and in various people it rises. It may not rise up to the Sahasrara or it may even rise up to Sahasrara but it falls back because there is no recognition. So every time they do something, this Kundalini comes up and gives them a pressure because their Sahasrara is not opened. Its a closed door. Because of the closed door this gives them kind of a pressure in the head, which they don't understand and they call it as tension. Actually Kundalini is trying to push itself out but it cannot. And those also who get their realization, if they do not make their Sahasrara alright, they go on getting into tension.*

So though Sahasrara has been

opened out so many years back, still we have some things to be done is to clear out our Sahasrara first of all. So first is the breaking of the Sahasrara, then once it is opened out, the Brahmastrandhra opened out, then we start feeling the grace and it moves on to our Ida and Pingala, the grace, not the Kundalini and the grace, which is Chaitanya all round, soothes down our left and right side, by which our Chakras open, more and more threads of the Kundalini start piercing through. So I always tell Sahaja Yogis that its important that you must meditate. **If your Sahasrara is all right, all your Chakras will be alright.** Because as you know that the Pithas or the controlling centres of all these Chakras are in the brain, around the limbic area. So if your Sahasrara is clear, everything works out in a very different way.

How to keep the Sahasrara alright is the big problem, always people ask me. You know that I reside in the Sahasrara, I have incarnated on the lotus of 1000 petals. That's why I could break it also. As I am today as you see me of-course. They say '*Sahasrara Mahamaya*'. So this is the illusion which is all the time there for you, which is very illusive. It had to be that way because you could not have faced

me otherwise with all the lights coming out of me or the way you saw yesterday, Sahasrara some sort of abstract colours thrown on all sides and the lights thrown outside.

Now this Sahasrara is to be looked after by you. Its the temple of your Mother. When you say you put me in the heart, actually you put me in the Sahasrara. Because as you know the Brahmrandhra here, is the fontanelle bone area has got the Pitha, the centre which controls the heart, which is the seat of the Sada Shiva or you can say of Shiva. **So when you put me in the heart actually you put me there so to raise it from heart to there or to bring it from there to the heart is problem of two types of people.** Some people who are sensitive in their heart, I would say, we can see Italians are very sensitive in their heart. The first thing they do as soon as they see me, they put their hands to their heart. And that is what it is, that if you try to feel me in your heart, to begin with it is much easier. To feel me in your heart.

Now you might say, how to do it? **You have to love me, as I love you. You have to love each one of yourself because you are all within me and you can't teach someone how to love. Love is within. And love manifests if**

just you open your heart.

Now what stops it? We should examine that. Firstly the conditioning. In the west to express your love is regarded sinful actually. It takes some time to say I love you. But I hate you, even a child could go on saying, a I hate you, I hate you, I hate you. But to hate someone is sinful. To anyone, to hate is sinful. So to say that I hate you, I hate you, is a sinful act. So what one has to do is to say, go on saying I love you. After all you must love a person who is so dear to you. Anyone who has done something good for you, you love that person. But if Adi Shakti herself has given you the rebirth, It should be the easiest thing to love. And if she says that they are all within my body, so it should be even easier to love each other. **So the whole cleansing of the Sahasrara is done through this love.**

This love which is not conditioned, which is not inhibited. Which doesn't want any respite, which doesn't want any return, Nirvajya (निर्वाज्या). But the conditionings are too much. First the problem of conditioning comes to you where you think that this condition makes me hate someone or I can't love someone because this is the condition. But actually the conditioning itself is so absurd, if you see it one by

one. To make it simple, I would like you to understand the conditioning part. I read one article, interesting one. 'Who Killed the Romance?' So he said that the hair dressers. I was wondering how is he connecting romance with the hair dressers! Because people used to go to hair dressers and a hair dressing was liked by a person. So he would say that I love that hair dressing. Now supposing his fiancée or his wife wore another type of hair-dressing because everyday new things are coming. Then immediately the husband would say, "oh, I hate you because of your hair-dressing." Because he loves one type of hair-dress, that's why he loves. Otherwise if you have another hair-dress you hate it. I don't like it. To say that I don't like it and I like it, itself is a sign that the conditioning is too much. You make a proper hair dress and you dress up properly and you come out and suddenly people say, "oh, I hate." Who are you? What right we have got to say that to any one. You are not a judge appointed by any law-courts. So why do we say to hurt someone to say I hate it. On the contrary you must say that alright, I like this but you could be better. That's the sign of love, where you want a person to be dressed up in a way that is appealing. But this is on very-very baser level we see people.

Then we go further to see a person. How intelligent he is? How smart he is? How charismatic he is? How charming? These are also kind of conditions of the mind that you think that a particular style of a person is a loveable person. That you love that person is so much outside or some people actually do not love but show they love because somebody has more money. As the money is not going to part with, no doubt. But you love that person because he has more money. Or he has a better car, or he is better dressed or what ever it is. So this kind of an idea one has also is a killer of love. If love is killed joy is lost. You cannot have joy without love. I say joy and love, both are just the same. Then it gets even subtler and subtler and subtler. Then you start say loving our own children. That's very common. I mean of-course also some people don't even love their children, I mean there are, all kinds. But then they go on, "this is my child, this is my child, this is my child". That's again the death of love. As I told you before the sap of the tree rises, goes to every fruit, goes to every leaf, goes to every part and comes back. It's not attached. If you are attached to one part or to one flower, because it is more beautiful then the tree will die and the flower will also die. So that's the

death of the love.

So you have to have love which doesn't get entangled or attached. Every time I tell like this, they say, how to do it? The love of the spirit is of that kind. Love of conditioned mind is different. A conditioned mind can love in a limited way because it is conditioned.

Then the greatest enemy of love is ego within us, which is like a balloon on top of our head and this ego gives us a very big tension. The conditioning of-course like they see, say for example, they see a carpet. Not it is according to their conditioning is not good. So they say what a carpet it is! Or something. This kind of conditioning of very low level and the higher level at the most is that you love your own country. So my country is the best whether it is killing people, whether it is destroying the world peace. Its all right, because I belong to a particular country, so it is the best. We can never criticise our country and countrymen. It goes on subtler and subtler but on the intelligence side it is even worst. Because intelligently if you have understood that something is good then nobody can say anything. Because through your brain you have understood. Actually it is very surprising. I was reading the book

written by Rabindra Nath Tagore and an Englishman had given a very beautiful preface to that, an introduction. And he said, "that the creativity is killed in the West", so he asked a gentleman who was an Indian critic. He said, "Don't you criticise your poets? You don't have people who are critics?" "Yes, yes we have, they criticise." "So what do they criticise?" "Oh they can criticise that this time there was no rain, so we had problems and things."

He said, "No No No No, we are thinking about the poets? Do they criticise an artist." Is it meant for criticism. It is created, what ever he felt he has created but supposing he has put something very vulgar then of-course we don't like it. But if it is created by a beautiful mind, has to be beautiful, then you don't criticise" He said "No, because we cannot create like that. So what business have we got to criticise?" This is how intelligently what we have done. We have norms about everything, about art, about every creation. We don't like this carpet, Why? Because it does not appeal to our intellectual understanding of the norms we have reached and in that frame it doesn't get fitted. So we don't like it, Can you even create one inch of that. So this ego gives

you an unauthorised action. It is unauthorised Unadhikar Chestha (अनाधिकार चेष्टा). Unauthorised. You have no authority to criticise. You cannot do anything. So why should you criticise? Better appreciate and see for yourself that you are not in authority. You are not worthy of it to criticise. If you are not worthy of it, then why should you criticise anything? And otherwise also you must know that you are a slave of your ego. What ever your ego dictates and your intelligence, so called intelligence brings you to a point, to some norm and then it becomes a collective ego of a particular community of a particular country, of a particular ideology. It is collectively. So then we think this is no art, that is the reason we cannot have masters any more in art.

We cannot have Rambrant. Though Rambrant must have himself suffered a lot. You know they have suffered a lot. All these artists suffered a lot. Even Micheal Angelo suffered a lot. Not only monitarily but otherwise. Criticise, Criticise, Criticise.

So I think people have given up I met on artist, who has done a lot of art work. I said, "why don't you show me." He said "No, I don't want to show. It is created for myself. I said, "I would like

to see." I saw, it was beautiful, very beautiful. I said, "why don't you show?" He said, "no use, people will just criticise, I do it for my own pleasure. They will just spoil the whole joy of my creation." So one of the basic things we should avoid is to criticise others. Better to criticise yourself. Criticise yourself, your brothers and sisters. Criticise your country. Criticise all the habits you have and laugh at yourself. This is the best way. If you know how to laugh at yourself, then you will not object or will not stand in the way of any creativity of another person. So with ego you become so unauthorised. You can criticise anything. You think you have a right. Who has given you this right to criticise is the question one should ask to oneself. How can we criticise anyone. As saints as you are now, of-course, you can make out who is caught up, who has bad vibrations, who has the problem. You know that. You know it. Its not conditioning. Its not just you are doing because there is some ego but you are feeling it on your finger tips. Its an actual feeling within you. Its the bodha, which you know, then what should you do. In your love you have to tell the person if possible that this is wrong with you. Better be corrected. But in a way that he does it. On the contrary if you tell him in a way

that the becomes even worst that what it is. You have not loved that person at all. **Allow everybody to grow.** There are many people in Sahaja Yoga who are very-very good, excellent, no doubt. But also there are some people whom we call as very very difficult. They have sort of crack in their head or something, that part is missing sometimes. Some screws are loose, I think. Sometimes they behave like clowns. We have known some people just can't be helped. They could be very intelligent otherwise. They could be very sharp otherwise. But in Sahaja Yoga they can't come down to that level where you can say now the growth is possible. Supposing the Mother Earth was very hot like Sun, there would have been no growth or it was cold like Moon, there would have been no growth. It had to come to the centre where it had both the things in proper proportion to grow. In the same way human being has to work out that you keep a moderation and a balance and understand not to go to extremes of anything. That balance you learn when you love someone. In Sahaja Yoga as you know that we have to ask some people to leave Sahaja Yoga.

This is out of love for them. Because once they go out, they

improve. I have seen they tremendously improve. But when they are inside the Sahaja Yoga community, they become a nuisance and they want to become more nuisance. Because their ego plays the part, may be their conditioning plays the part, whatever it is. They want to be a nuisance. So we have to ask them that please now depart for a while. Now if that nuisance value is lost in a person, then he has to be a straight-forward. He can't be anymore a nuisance and logically it can appeal to a person if you tell that person that it is the reason why we want you to be out. But that is taken as very disgustingly troublesome, I know that. But you have to show complete patience and complete understanding and you must talk like a person who loves. Love has such a power that nobody wants to do something that will suggest that they don't love. Very powerful thing it is. It binds people in such a beautiful manner that one wants to do something for example you want to give me flowers because you know I love flowers. So you want to give me flowers to suggest that Mother, we love you. Just to suggest. I know you love me but just want to sort of reinforce it, the thought in me. So you want to give me a flower to show your love and expression of your inner feelings for me. So all those

material things can be used to express your love. They can be very easily expressed in such a manner that another person knows what is love. But the whole power of Sahasrara is love. So if you see that this brain has to doubt. Brain has to doubt. After now verifying the powers of Sahaja Yoga through your brain and intelligence if you reach a point where you understand that no, its no use of analysing, synthesizing, doing all these things.

Its just love. Its simple love. So the same Sahasrara which has been used before its brain for analysing, for criticising, for doing all kinds of nonsensical things, now wants to love and enjoy the love. And there is the culmination. Where the brain just loves that is the situation one has to reach. It just loves. It knows only love because it has seen the power of love. You reach a certain logical conclusion and then you see the point like Adi Shankra wrote so many things like Vivek Chudamani, this, that and all those treatises and then he gave that. He said no, nothing. He just writes of the praise

of the Mother, finished. So once you reach that point, you can say now you are in 'Nirvikalpa' because there is no Vikalpa, there is no doubt in your head. Because you love. In love you don't doubt. No question. Only when you think you doubt. But when you love you don't doubt. You just love. Because you enjoy love and that's why love is joy and joy is love.

So after so many days the Sahasrara has been opened out. We have to open out our Sahasrara again through our meditative processes, through understanding ourselves and others. May be logically reaching that point. There is no way out now. We have reached to the end of if now. The whole logic has ended up now.

Jump in the ocean of love. Finished. Once you jump in the ocean of love, there is nothing to be done. Just to be enjoyed, every wave of it, every hue of it, every touch of it. That's what one has to **learn by reasoning, that Sahaja Yoga is nothing but love.**

May God Bless You.



