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# The Divine Cool Breeze



You must love others, who are not Sahaja Yogis and give them realization.

(Her Holiness Mataji Shri Nirmala Devi)



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# The Meaning of Sahaja Yoga

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

Sahaja is inside you -like a germ....

Something that is born within you, that is innately built in you which sprouts by itself, which manifests itself, like you can see a seed sprouting into a tree. This is what is Sahaja. Now all other yogas which go along with it are part and parcel of Sahaja Yoga. They cannot be separated from this to that. I think people are under misunderstanding that there are four limbs of one yoga or something like that. Even that won't be a misunderstanding as to think that they are separated or different. When we say that we have eaten this food, it doesn't mean like a bolt it has gone inside in the body and just passed out of the body like the bolt coming out. Does it? It means that you have tasted the food in your mouth. It means that it has secreted some saliva in the mouth, later on it has passed through the trachea, the other places like esophagus going down into the stomach part and then to the intestines and then to the large intestines. All this movement in passages and all that is done through the other kind of movement which is existing in the organs itself, like the stomach itself pushing it down, coming from your brain, the sympathetic and

parasympathetic coming into play and working it out, it's a big system and organisation that is working it out. Now if you want to separate it-that digestive system is different, respiratory system is different and your heart system is different or some other brain system is different or nervous system is different. I mean you can't take it out like that, your brain hanging on one side and your digestive system hanging on the other. It is one integrated form of organisation which is a living organisation which understands each other, which reacts to the demand. You cannot separate the systems but, as it is, our brains are so disintegrated or they are good at that disintegrating everything within us and without, that we want to disintegrate the living thing which is Yoga.

**Yoga is not a dead organisation. It's a living process absolutely a living process.** When it is a living process you cannot do anything about it. So it is Sahaja. At the most you can little bit shift it here and there and push it around and all that. If a tree is coming up, like in Japan they want to give it a shape then they'll cut one branch first and bend it a little more then cut another one then bend it this way,

that way and give it a shape. But whatever is living is working out spontaneously within us with many a complicated organisations which are living themselves and are aware of what they are doing. For example your body is much more aware of me than your rationality. Say, you are a possessed person. You won't accept that you are possessed. You won't accept. I won't say myself also because I don't want to get any kind of a thing which is in shock there. I know human beings that if you tell them something like that you can be out for any sort of trouble; so I don't tell you. But the body knows me. When you come before me the whole body shakes just like that. Is it true or not, tell me. Because it is a living body, it knows me. It's not a dead body.

So whatever is living, it's so well looked after, organised and in a living way which you do not understand. Because we deal with the dead. Supposing I have to start this instrument, then I know there must be a cord. I have to put it to the mains and work it out, and I always say that Sahaja Yoga is like that. You just take out your cord and put to the mains. I say like that. But do you think it is that simple. You believe that? That you just pull out the Kundalini from there and put to the mains. No it is not. When the sprouting of the

Kundalini starts, and the awakening starts, it passes through various centres. How? How will you explain a Kundalini which is at the base end of your spinal cord rising upward? Now if I tell you that this is even more than your digestive system that the Kundalini which is an energy, as we call it, is the one that thinks, understands and loves you and knows each and everything about you in this life and lives before. If she is so capable and if she knows everything and she is an entity by itself and if she has to come up to your head, is it easy? It is the most difficult thing. If you have a stone lying somewhere you can pick it up and throw it wherever you like, isn't it-very simple. Even if there is a little worm, it knows how to get out of the way of a big bull coming round to save itself. And a bull, if it sits anywhere, impossible to raise it. You try your level best. There are some very drastic methods for that, in India. You have to burn some chillies, red chillies and put that smoke into the nose of the bull like that. Then only the bull would rise otherwise you try anything it won't rise. It would be sitting and settling itself nicely on the ground. So, you come across such bulls also. Sometimes it happens like that. But, to make this Kundalini which thinks, understands, is an individual mother of an



individual, which has been born with you all the time, who knows all about you and who loves you the most and she is the one who is going to give you your realization, your second birth. So she is your mother. This kind of a Kundalini that exists within us, must be the most difficult person to rise; has to be. That's why people say Kundalini raising is very difficult; it is correct. So, one has to find out the methods of how to make the bull rise. Because this Kundalini is absolute dharma, is absolute righteousness, absolute purity, idealmost personality that you could think of, which doesn't tolerate any nonsense, falsehood, untruth, anything like that. She is Nirmala, you can call her. She is pure, extremely pure, she is purity personified. She doesn't accept any nonsense, no compromise. She is within you. See how beautiful you are! She is not afraid of anyone. She cannot be enticed, enchanted or tempted by anything and she loves. But her love is that pure, that nothing is higher for her than her own love. She never reconciles to anything and she is the one who is going to give you your self realization.

So for human beings who know about it, they have to find out methods of pleasing her. What makes her so unhappy? Why doesn't she want to rise?

They have to find out the means and methods and the result of that probing has brought forth other yogas, which we call as 'Rajayoga' or they call it as 'Hathayoga'. Now what is the third one you call it, 'Kriyayoga'. I think Kriya and Raj is the same, about the same style and 'Bhaktiyoga' and 'Gyanayoga' and 'Karmayoga'. All these are the methods human beings want to employ to make the bull rise. I mean they get frustrated. They want to hang themselves by the nearest tree. So that also is another 'frustrated yoga'. Then 'sadistic yogas', then 'beating yogas', then 'beating other yogas'. Then it goes on like that, you see, flowering into better and better things. Then fanaticism. Because human beings find it difficult to sit still, you see. They get a challenge oh! This bull doesn't rise, alright, I will make it rise. Moreover, they haven't got the authority. Even those who are self realised, they have no knowledge because Kundalini is not made by them. Like even if I get this machinery, I don't know how to handle, how to use it? I may try it but I may burn my hands, instead. So, such a hotch-potch of endeavour brings forth so many yogas in this world and everybody is baffled at it that how it is that there are so many yogas! Whether we should do this yoga or that yoga or

Buddha or Mahavira or Christ or this and that and what is it? Then 'Church yoga/ and Buddus' and what's wrong in 'witch craft', the other day somebody said. Nothing wrong but the bull will be settled down better. It won't rise then with Buddu. Now, so they have to try to find out what should we do? Stand on your heads, bull won't rise. No it won't. Break your necks? It won't. So what should we do?

We should know what is a Kundalini, that is within us. All these yogas that have come up have been depicted from the experiences of people. Because some people, when they tried to raise the Kundalini, so called, say they started jumping. So they said let us jump and the Kundalini will rise. Then some people started taking out their clothes may be, some sort of a funny thing, like that. They felt heated up. So people thought let us take out our clothes and we will find God. Some people felt some sort of a grip on the stomach or some of them did see also these things happening within. So they called it a "Moolbandha". They said that the bandha has taken place. Something has gripped there. So, the 'Kriyayoga' is that you take out your tongue from here, I mean you cut this thread of the tongue alright and you push it back, here. Touch this tip of the tongue here. Normally they

are wagging with that and if goes on push it back here at the Vishuddhi Centre. They think Vishuddhi is here. The problem is they think the Vishuddhi is here. So they push back here and they think that they will achieve the raising of the Kundalini by tickling this portion.

It is just the other way round we are trying, you see. The effect cannot reach the cause. You have to go to the root of the cause to come to the effect. Do you see my point? Supposing the Vishuddhi Chakra which is here, a very subtle centre behind is spoilt then the effects are felt, say here and your tongue gets affected, your eyes get affected, your nose gets affected, your cheeks get affected, these are sixteen you see, all these things can be affected. But by tickling your nose you do not touch your Vishuddhi chakra. Isn't it. Do you see my point? For example something goes wrong at the centre from where the electricity is coming here. By tickling this here you cannot cure that one there. You have to go to the roots or on a tree you find a fruit is getting rot, all the fruits are getting rot. So, by treating the fruit can you treat the disease? You will have to go to the roots. So these people when they saw all these things happening, happening to human beings, they formed different types of methods. All are wrong



and all are right. Try to understand, its very simple. After realization all of them are right. Before realization all of them are wrong. Before your car starts if you start turning the break or using the wheel, you are spoiling the car. When the car has started and you know how to drive and you have become a master of driving, then everything is right. Otherwise the same car which has to drive you from my house to this Ashram will land me up somewhere. In the same way the same thing which before realization has no meaning, after realization only you start understanding.

So let us take the case of Hathayoga'. It's based on centres no doubt. It is based on Ishwar Pravadhan, no doubt. All the ashtangas, all the Pranidhan (प्रनिधान) eight sides of Hathayoga, see from human point of view I am saying, for them why Hathayoga came into being is first that they should fix their attention on the Ishwara Pranidhana, means they must fix their attention into the existence of God, not blind faith, but to understand that there is God. So that you humble down yourself. Then you should go to a realized soul as a Guru. Guru means a realized soul, minimum. Any Tom, Dick & Harry becomes a guru, is a nonsense, absolute. He has to be a realised soul and if he is a

realized soul, he will say that. He doesn't talk of seperation. He talks of authority because he is there, he has that authority. Those who talk of seperation, crying and weeping and all that are blind like all others. They have no buisness to lead you. There is no humility about It. I mean if I have a red shawl, I should say, I have a red shawl. What is there to feel humble about it. I mean whatever you are, there is no harm in saying what you are. When you are not that, when you do not have that in you and you say that, it is arrogance. But when you are that you have to say that 'I am the Light, I am the Path.' I mean he was not trying to be arrogant about it. What is there to feel bad about it?

So, Hathayoga itself is done under a person who is a realized soul, not only realized but who knows, who has mastered the art of Shakti Path, is the raising of the Kundalini, minimum. Ofcourse Sahaja Yogis just raise it like that; it is dfferent, but not any other yogis can do that. It's only you because you are authorised, that you first raise the Kundalini, just like this. So, what these Hathayogis have done is that boiled it down to only physical sense. So, you have to have Ishwara Pranidhana, Yama-Niyama, that too before twenty-five years of age, you have to discipline yourself in a

way, that you should understand what is right and What is wrong. Now those who have done all the wrongs of the world before their fifteen years of age, now, at the age of twenty-five they are trying to learn what is yama and Niyama. How can you do it? Tell me now. Supposing you have spoiled the car completely, at the most you can ask for insurance, if you have paid for it. Now, how do you expect the car to come out absolutely, as if from the factory, as if its absolutely new? A horse which is being completely mutilated cannot run a race, isn't it? That would be madness.

So, one has to understand that these Yama-Niyamas and all these things are not meant for us. At least for the western people, in any case. Let us accept it. Whatever it is, in experimentation or whatever it is we have committed lots of mistakes or maybe we have been experimenting. Again I will say the same word. Whatever we have done, we have done a lot of harm to ourselves, to our body, to our mind because we had nobody to guide us, alright. We didn't want to harm ourselves but by mistake it has happened. Now, what to do? Is a very sad affair. People are sick. They cannot do Hathayoga. The atmosphere is sick. The whole place is sick. They want love. They

don't want exercise. They don't want scouts, they want somebody to love them, to heal them, to cure them, to establish them. There is no word of love in Hathayoga these days because you pay for it. One thing you cannot pay for, is your love. Isn't it? How can you pay for love? That's why this modern Hathayoga is just a misnomer. But after realization you can use hathayoga because you are purified, you are cleansed, you are healed, your wounds are alright. People are wounded. They are so much hurt. They are extremely unhappy. You touch them and they feel it. Why talk about big things when they don't even have energy to sustain themselves. It's a strain on them and none of them are realized souls nor they are masters in shakti path. So, that's why it was said that you should go to a Guru who is a realized soul, go into jungles, twenty five years of age you should be there and practice under his guidance, in complete celibacy, with the atmosphere of complete celibacy.

Now, come to 'Kriya yoga'. When we take to Kriya yoga, you see, taking out the tongue, as I said, cutting out and putting it back into the thing here to tickle the Vishuddhi chakra. I mean, I don't know, sometimes your rationality also goes off. By doing anything like that do you think



you can excite this great power within you, which is discrimination, which understands each and every thing? You cannot be fool Her like that. So, all these tricks that we have been trying with ourselves, of poking yourself here and poking yourself there, you are just spoiling your instrument for nothing at all. But it happens when the Kundalini rises through the Vishuddhi Chakra, that when the dilatation of the chakra takes place, it happens that your tongue is pulled inside, it happens that your eyes get dilated. I hope they do not put Aptrophin to dilate their eyes to get the Kundalini awakening! So, it happens like that, specially takes place, the bandhas take place, the stomach holds the kundalini with a bandha. It closes down the chakras. When the Kundalini comes up it closes itself down automatically so that the energy is kept upward, it should not be allowed to fall down. All these things happen within us, these bandhas happen, which some superconscious people might be seeing and they want to think that if you pull your stomach like this, put your tongue inside. **These things happen as a result of Kundalini awakening but by doing these things you do not awaken the Kundalini.** Now did you follow my point? Did you? It's clear now. And that's why this

Kriya yogas have started. Even the jumping has started, even the nudity has started. All these things are the result of some people who are trying to raise the Kundalini. Even in the centre when it rises all these things happen but when your health is not alright, you are sick, your heart is working, labouring very hard, to look after your physical being, you try to make it even weaker by taking to these strenuous things and by using the other way round method, as I told you, you also spoil your instrument. Like the electricity has to come in it. So the electricity must flow from there. If I start blowing from here or poking from here with frustration also breaking this one here, electricity is not going to come, only this will be finished. Do you follow my clear cut idea? It's very clear that if you try to spoil your own instrument you are not going to get the energy to rise within you. But if he was a realized soul, then he would tell you. First of all he may raise your Kundalini, minimum awaken your Kundalini and ask you to make way for the Kundalini to rise gradually. Human beings when they raise the Kundalini, they raise it by every chakra, they bring the Kundalini, say Muladhara, of course they cannot touch. So the Kundalini will come up to say Nabhi at the most. Then how to retain it there?

So they will say eat less, do not take away your attention too much. You must eat very little, so that there is not much attention on the food. Keep yourself detached. This is before twenty five years of age. Do not starve too much, eat at regular intervals. Don't have much attention anywhere outside so that attention is kept there and the Kundalini doesn't drop down from the little bit an inch progress, it has made in twenty five years. They are born again and again and they move at the pace of a little ant. And they fix your Kundalini by means there and they say, don't lead any adharmic life. You have to lead a very righteous life, like a horse you see. When you have to train the horse you have to put these two blinds around. So they have to train the horse you see before it really starts running the race. But with this, is important, the most important is the love of the grand parents, who are with them, in those days used to be, to look after the children and the love of the guru and the training and discipline of his own self. The gurus who take money from you, what are they going to train you up in business management or dubious methods or cheating. Their own lives are so beautifully blended with their love and their knowledge and their whole understanding that it has a direct effect on

the character and the personality of the people. Like now in India nobody can write any epic like Ramayana because we don't have any Ramas left. We won't have perhaps. Nobody writes. They write only stories. Now the poems have started coming out of India like your (who was this lord you had, the horrible one) Byron. Now, Mr. Byron is born in India. I think he has left your country. So, like that. So all the dynamism in literature is also finished because there is no ideal before them. They cannot think of a perfect personality. So, the epics are different in the same way. When we go to learn these things, we see our gurus, so called, we see their lives, the impression that we have within us is also just the same. And they cannot teach you anything unless and until they themselves are the light. Now, this kriyayoga is also the same thing. It is described by great saints in India that these Jalandhar Yoga and all these Jalandhar Bandhas and all these bandhas take place means the rebounding takes place in the stomach, in the heart and all these granthis (knots) are broken and all these things are described.

Yes, it happens in you also when the Kundalini rises. It does happen because I am quite a big master. I do everything myself. I don't leave anything to you till



you have got it. Only thing what you have to do is to be absolutely freely choosing the path of self realization. That's the only thing you have to do to be absolutely free. **In all your freedom you have to accept Sahaja Yoga and if I find that you have not chosen it by your freedom, you get out of it, very fast. You won't be there. You yourself run away, if not, I see to it that you run away.**

So, one has to understand that all these margas, all these paths, even like bhakti, I have told you that three types of bhaktas are the ones who are asking for kamarthita. So many have come to me for say cures, so many of them. It's a good thing. That's a good chance for me. Then they get cured. Then they have that love, then they are Mumukshus and they can become very great Sahaja Yogis. In India there are many who have become like that. They just came for the treatment and they became great Sahaja Yogis. So, they can pass through all these various stages. So one has to understand that this is the time of Mahayoga, where all these Antar Yogas, means all these happening inside, takes place, automaticaly. I have something to do with your Kundalini, very much and She knows Me very well too. So much so, as soon as She sees me She is up there. So happy and the first impact is

so great that you feel you have got it. She rises with such a thumping joy. You get it. But again you go back to your crutches. Even when you have lost all your troubles and everything, is finished now, still you want to have your crutches because you are identified with them. So you go back to your crutches and also want to again to become naïve. It's just acting going on for sometime but when you act for a long period then you become lame. Because you have been playing games you see and now the game is over. So you have to accept yourself that you are great and that you have got it now within yourself. It is there. Now, you are a light. You have to accept that, that you are a light now. You are not the same as you were before and you are transformed into this flower. You should have faith in yourself and confidence in you because you are being so far identified with people like that, with bad experiences, indifferent experiences. You do not want to believe that there could be an experience of that kind, you do not want to accept it. **But if you little bit understand it, go smoothly with it, you'll settle down with it nicely and I am here to make you the master of it, absolutly the complete mastery over all this.** When this Mahayoga comes in, you don't have to worry about anything else.

All the yogas are at your feet. You just raise your hands just like this and the Kundalini will rise. It's a fact. You just try it. Anybody is sick you just put your hands like this and the person is going to be alright. Try yourself. **This is Mahayoga, it is the culmination point of Sahaja Yoga.** Once you achieve it then you don't have to do anything else. Then you become that because Kundalini works for the becoming and if there is something that just gives you the whole thing, then why should you do it?

All things that have happened to you after coming to Sahaja Yoga, I am going to give you the list of those and what are they called in sanskrit language. Thousands of years people had to work to get it but you have got it just like that. It's a fact. Its difficult to accept this, that you have got it, just like that, without doing any head or leg or any exercises. Isn't it? But just wait and see what you have got. Of course some people don't get it because there is a problem, some problem is there. Doesn't matter, it will work out but those who get it should know that you have got because of something and that something you have to discover. That's what you have to find out for yourself. There is a reason why you have got it like that. Like mantras also you see, somebody told me that there is a guru

who gives mantras according to the age. It's all nonsense, complete nonsense it is, with age. You see even a realized soul would not give you a mantra. That's why it was regarded as a great thing, if somebody would give you a mantra. Now every Tom, Dick and Harry, like a donkey brays in your ears and you think it's a very big mantra. I won't tell you anything what mantra I have got.

They are trying to befool you. They don't know they are befooling themselves. Whatever they have done they will have to pay very heavily. So, mantras are never given just like that. You have to know various points of a person as to what is your 'Kuldevta', the worship of your family, what is your personal worshipping God? What is your horoscope? What are the stars you are catching? At this point giving of the mantra, time is to be determined at a particular time of the horoscope. What is the time of the horoscope that tallies with the Guru's horoscope also. That's why you must know that people used to have hardly one or two people. Even a person like Gyaneshwara gave a name to one person in his lifetime. Here these Toms Dicks, and Harrys are giving to people just like distributing, I don't know what. Nothing is easily available more than these names of horrible things which have no meaning. If I



told these to Indians they will know. To these foreigners they have given the name of Inga, Thinga. You all know the meaning of it. At your command you can find your own mantras. Because you have some sort of an authority which you can use and every mantra that you will say will be awakened. You know that. After realization it is such a wonderful thing to say that even if you are not yet out of your possessions, still you work it out. Still nothing happens to your Kundalini raising system or nothing happens to that. Still you can raise the Kundalini of others. Isn't it? Still you can give realization to people. You may be possessed. They say I am fighting with the spirit, that's why. But here with one hand you are raising the Kundalini automatically. There are lots of these spirits trying to possess you. With one hand you are killing them that side and from one hand you are raising the Kundalini and nothing would go wrong with the persons whose Kundalinis you are raising to that purity! Otherwise to give mantra and to take mantra a person has to starve for seven days, not to see a man's face or a woman's face. All sorts of vidhis are there. Then only you can get it. Here some Gurus tell the disciples to wash their hands hundred and eight times every day. All sorts of these netikriyas and all that is to be done before a mantra is

given. It's a big ritual. Why? Because you are so vulnerable. It's like phosphorus and you cannot put phosphorus into somebody's hand. You have to make all arrangements till you put it. But supposing you become all powerful, then what. Every thing becomes a child's play. Every thing is so simple. You are raising the Kundalini, you know that there are centres, you can raise the centres, you know how to awaken them. That is why it is Mahayoga. It had to be this way sometimes. Otherwise how are we going to save this world? How this creation is going to be justified? We have to find out. I mean God had to find out some method by which all of you who are seeking Him, are to be blessed and that He should be manifested, so that His work should be completed.

So this is Mahayoga which encompasses all the yogas. There is no need now to go to stone ages, to come back to human stage. It is something like that, or else you can say, if now if I have to go to India, I need not go like Columbus and end up in America. *Somebody who knows the way, has come to you, who knows every thing, all about it. Somebody who has done all this, who knows all the tricks of the trade. And also knows you very well, though still I am learning, quit a lot. About human beings, I'll have to still*

learn, I think. So many things you know, they can be quite queer you don't know. I behave like this, you just can't, suddenly you find, Oh God! what's it? It's a great revelation sometimes, the way you see human beings, the way they behave. It's very interesting, very interesting creatures, I must say. I mean they never behave the same way. You cannot predict, most unpredictable, don't know what they'll come out with! Very interesting people. After Sahaja Yoga you will also enjoy very much.

This is all about so many yogas I have told you and if you have any questions then ask me questions but sensible questions, again I'll say. Ask me questions because I've told you in a very short way but later on I'll give you a complete idea.

Now this Lama business is all wrong, I must tell you very frankly my child and it has brought about lots of problems, alright for you. Now everybody has got it, you haven't got it as yet (Shri Mataji addresses a seeker). Still little problem. Doesn't matter. You have to little bit cooperate with me and get it. It is my desire and if that is your desire also, we meet on the same point. They do some tricks to spoil this instrument. Hypnotise, all kinds of things they do. Now kundalini is the desire of God within you, is not desire for a God,

is the desire of God itself within you. So, it can be only awakened by that desire, isn't it, itself. It is the desire of God within you that is being raised and the desire of God is the Shakti and the desire of God is that he loves you. His desire is to give you all his powers, all his bounties and all his loving capacities. This is his desire which is placed within you and is dormant. So when it rises, his desire is fulfilled in you and that's how you get your fulfillment. Unless and until you are God you cannot command desire of God. But after realization He gives you, bestows his powers that you can manoeuvre His desire. You can raise the Kundalini in other people which is the desire of God and you can make him desire. That is the greatest one can achieve. Isn't it?

Q. What is Self-realisation? What is the best way to save mankind? By raising other people's Kundalini? By knowing you?

A. Shri Mataji says,

By Self-realisation you become the light, alright. So you have to enlighten others also. That's one of the jobs and by knowing it, you know the whole. You should know the complete knowledge about it. You should know your self and you should know others and try to clean



them. And by cleaning it only, by spreading light only you are going to get everything enlightened. Isn't it? What is lacking in us is knowledge, is the awareness. And once you do that, the whole world will be changed. This is what you have been seeking. Isn't it! You wanted to change the world. You know why you wanted that. Do you know that. Why you did all this, do you know that? Because you have been seekers in previous lives of very great, high quality. That's why you've been seeking. All right, some mistakes, doesn't matter. But you are people of very high quality. Don't forget your calibre and don't stoop down to lower levels. Because you were that. That's why you were seeking and you took birth in this country. The whole world is going to change. One light can enlighten the whole room. But you keep your wits enlightened, glowing all the time.

You see, most of the maniacs, most of these people who have frights, who have complications and all that are because they are not secure within themselves. Most of the countries who are fighting, are fighting because they are not secure within themselves, because they've not known themselves. If they had known themselves they would not have been so unhappy. There is a treasure in you hidden. Isn't it? And once you know your own treasure, you are not going to remain unhappy and the whole world is going to become very happy. That's what you were seeking. Isn't it? Your own treasures, and that's what now you have to know all about. For example even if you come in this room, you don't know everything about it. You are in here. So I've to tell you all that. You find out within yourself. You find out in others. And just that, working it out.

**May God Bless you.**

## Easter Puja

Istanbul, Turkey, 21.4.02

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

Today we have come here to worship Jesus Christ and His Mother.

It's such a coincidence that the Mother of Christ came and stayed in Turkey. Isn't it surprising that She should come here after the crucifixion of Christ and stayed here. I wonder if He also came with Her later on? But they say then He went to Kashmir and She was also there. Quite possible, on their way, they might have gone there.

So we are here to worship Him. According to Sahaja Yoga, She was the incarnation of Mahalakshmi and She's the one who sacrificed Her Son for the sake of religion. But unfortunately, nobody understood Her value. Nobody saw that She was such a great spiritual personality. Only through Sahaja Yoga you can understand that She was a very great personality who gave birth to Christ.

It is very unfortunate that She was not respected, specially in the Islamic world. Because of that, the women in the Islamic culture have no place. My experience is very sad about them. We have started an organization for the rehabilitation of women who are destitutes and all of them

who have applied are Muslim ladies - very sad. While Mohammed-Saheb has said that 'you must look after your mother', despite that, all these women-some of them have eight children, ten children-have come to this destitute home. Of course, we have to give them place. We have to look after them because we don't believe in all these small type of ideas about religion. Most important is 'human' religion.

We have to combine all these religions together. It's a terrible task because Muslims won't respect Christians-Christians won't respect Hindus. I mean it's a funny thing that's going on. They all are for God and for God's work and His love. Despite that, there's no respect. There's no love. On the contrary, they're all quarrelling, fighting, killing everywhere. It's very sad that in the name of religion and God, people should become so cruel and so absurd.

This is the only solution-is to give them Self Realization. It is thus, Realization was called as Miraj in the Koran. It's called as Miraj. But they have said that nobody can get Miraj. Mohammed-Saheb got it, but



nobody else-like they have banned people from getting Self Realization, which is not true. All human beings can get Self Realization. Whether they are from Africa, England, America, India, anywhere. They all can get their Miraj. One should understand that no human being is created in this world to fight, to fight each other. Even the animals don't fight. Why should human beings fight-that too, in the name of religion! In the name of God! Christ came on this Earth just to create oneness of religion, but even the Christians, they only started fighting, dominating others. It's a big world of turmoil, where everybody is fighting in the name of God and in the name of religion.

So our religion is global, is one religion. We respect all the Deities, all the Gods and Goddesses-respect them and worship them. We are not so stupid, not to understand that they are all one. Also, after getting Realization, you realize that all these exist on our central nervous system. They exist on our chakras. They are not there just because people have told us in history and all that, but actually that's a fact, that all of them are there together, working out the resurrection of the whole world. So the greatest thing that Christ has done is the resurrection part and in this resurrection, He suffered a lot.

He had to go through lots of ordeals and then His body itself was resurrected.

On the same lines, Sahaja Yoga is working out-that you get your Realization means your resurrection. All your wrong ideas disappear. All your nonsense disappears and nothing but love, understanding comes in.

It was difficult, I know, in the beginning to start this work in India or otherwise, also everywhere I found people are so ignorant and human beings hate each other. With some excuse, with some sort of a -I don't know what ideas they have, historical ideas, and they hate. This hating in India has been there, but also abroad, like Hitler came in.

Hitler came because he hated human beings. He was a satanic force who incarnated and did all kinds of horrible things. The way he has killed people, you can't imagine a human being can do that. He killed children. He killed grown-up people in the gas chambers and-such a horrible thing. When I went to Germany, they wanted Me to see all that. I said, "I can't see. I will not be able to see it." But My husband went there and when he came back, he was sick for seven days. It's so sickening. It's so inhuman to behave like that, to kill people, under some circumstances, under certain

conceptions and wrong ideas.

I don't know what sort of an idea this Hitler had that he got after the Jews and started killing them. All kinds of things have happened on this Earth, all in the name of religion. This is the worst part of it. Throughout, people have been killing in the name of religion. **Religion teaches you to love, to love God and love each other. How can it teach you to hate and to kill?** I mean, it's very surprising, still going on. This kind of a nonsense is still going on. It's only Sahaja Yoga that can stop this nonsense and it should because, after all, we are human beings.

For that, you have to have your resurrection, as Christ had. And this resurrection is possible on this Earth, very easily now with Sahaja Yoga. Mohammed-saheb has called it Miraj. He's described it very well, very clearly. But who wants that? They don't want to have their Miraj. If somebody tries to work it out, they get after that person, saying that 'This is something ridiculous'. It's all wrong. I mean this has happened with all of them. All of them have suffered because of the ignorance of human beings-all of them. And also with Me, they are criticizing and this and that. But I am much more powerful, because love is much more powerful than anything else.

And it's working out all over the world now, everywhere people are realizing that this kind of a hatred, this kind of a wrong idea about others is absolutely dangerous. And so, once large number of people know this, I'm sure it will all finish off.

We have lots of incidents like that, even recently. That just because you follow a particular religion, people hate you. I mean I can't understand! You cannot explain why, why it is done, but it's done and very wrong to hate any human being in the name of God, who has created you. They don't understand God and His love.

For example, Christ's life-just see it. He was hardly thirty-three years of age when He was crucified. His mother had to suffer so much. Why? Why did they crucify Him? Because He was teaching about love. None of them liked this idea of loving each other. How can you help people if you don't love? Under what premises do you help others? Because you love, that's why you want to enjoy others and to understand. Once you start loving others, then this myth finishes off.

Supposing you are born as a Christian or a Muslim or a Hindu, or whatever it is, what makes you think that you are different from others? You are born the same way. You are conceived by your mother the same way. You look the same



way. Your nose, eyes, everything is the same. What makes you different? I think it's something political about it, something very mean to separate people in the name of God and religion.

On the contrary, Sahaja Yoga is to unite all the people in the name of God, to make them one in the name of God. Supposing there is somebody living, say, in South Africa or, say, in a far-fetched place like Benin and all that-has become a Sahaja Yogi. There are thousands who have become Sahaja Yogis there. They are all your brothers and sisters. They're your own. You go there and they will treat you just like their own children, their own relations. They will never think what religion you come from or what sect you come from, nothing. I was surprised the way they have love. Actually, loving is an innate quality of human beings. It's an innate quality. Every human being has been given this treasure of loving, loving capacity. But that capacity has become so much less, so much minimum, that with that capacity, people fight and kill each other. It's the greatest sin to kill people in the name of religion.

I don't know what-how they believe that, by killing each other, we can go to heaven! They will go to the worst hell. This idea has now, of course, subsided a little,

but still existing. They see it happening every day, this kind of a nonsense, but still they are continuing with it.

Now what can we Sahaja Yogis do about it? We should think. Let us see, whatever religion we are born, that's what. You have to be born in some religion. You cannot drop from heaven. So whatever religion you are born, you are not bound by that. You are bound by the religion of love and joy. And then you go on crying and weeping and teaching and... of unhappiness, of fighting. How can that be? We are human beings. We are not animals. Even the dogs don't do that way. Why should we human beings kill each other and make a miserable life for others and for yourself? Because if you hate others, you will also become hateful. A will hate the B and then the B will hate the A, so the whole human life and civilization has nothing to do but to hate!

Sahaja Yoga is such a blessing to you, I must say, because it has given to you all the Deities within you, enlightened, and now, you know you belong to the whole. You know you are not belonging to some stupid ideas.

It's very remarkable when I came here. I knew when He lived here. I knew Mother Mary lived here. There is a house of Mother Mary. That gave Me a very great

joy to know that She had lived here and so I said we must worship Her. After all, She was the Mother of Christ! Mother is a Mother. What does it matter whether She was a Christian, Hindu, Muslim? It doesn't matter. And for Her love, She allowed Her son to be sacrificed for the whole world and for the universe-what a mother! Can you find such a mother in this world who will allow Her own son to be crucified-such a courageous, loving and global personality?

Here we are. It's a coincidence, as I said, because She lived here. Why did She come? Why did She come here? She could have gone directly. She came here and lived and we have a house of Her. Now with this house only, the Christians will start a cult. They'll fight with the Muslims and the Muslims will fight with the Christians. Anything you do, they will fight. That's the main character is to fight, not to help others, not to help each other-no, not at all. They're just trying to be very, very funny and nasty.

In India we have had so many nice people who taught that we must love each other. Despite that, in India people are fighting. They have had so many Sufis in this country. In the same way, in India also, we have had very great saints, very great-everywhere. Some of them were

Muslims, some of them were Hindus and people sing their songs; everything's there. But, they're worshipped separately and people fight even in their names. They want to find something to fight. Real fighting cocks, I tell you they are. They haven't got a human quality within them, which is love, which is affection-must enjoy your love for each other. That's the thing they have lost-that capacity to love. What does it matter if somebody is born in China or in India or anywhere? He is a human being. He, too, has the capacity to love and you should also have capacity to love.

My experience is different. I went to China with My husband. In China that time, they didn't have any good feelings for Indians, I don't know why. But they were so kind to Me, you won't believe, they were so nice to Me and the way they treated Me, everybody was surprised, 'What's the matter? How are they so kind to you? In China they don't like Indians.' I said, 'It's a myth. I don't think I have seen that with the Chinese. They're extremely, extremely kind and respectful to Me. What have I done for them? Nothing.'

Well, you'll be surprised, in one of the hotels, one of My ankle ornament[s] had fallen down-silver. It did happen and then I went away to a very far fetched place and



they sent it in an envelope, those anklets. Can you imagine? All the way-I was so much full of tears. So I said, 'These Chinese are also very loving people, extremely loving.'

I went for My programme. We had a women's conference. So I don't know why, but at the airport only these Chinese boys arrived. They took all My luggage. I was so late! The function was at ten o'clock and I reached about 8.30. They put Me in the car. They put My luggage there and they said, 'We have to directly go to the conference.' I said, 'All right.' I went there and, in this short time, these boys were really so attached to Me. When I finished the conference, they're waiting outside-can't believe it-the same Chinese people who are against Indians! And then, after that, it didn't stop. They brought two cars-one for My wheelchair, one for Me-and they took Me to the best shopping places. But I said, 'What will you do?' They said, 'We'll carry your wheelchair upstairs.'

Can you imagine? They were no relation of mine. I've never seen them before. So one of them said, 'Tomorrow, Mother, I won't be able to come.' I said, 'Why?' He said, 'I'm getting married tomorrow.' And I said, 'What have you been doing all this day?' He said, 'I enjoyed your company so much'. I'm such

an old woman, you are-young people! 'No, no, no, no, I've enjoyed. I'll also bring my bride for You to be seen.' I tell you, tears came into my eyes. I said, 'Such love, such kindness.' I didn't do anything for them, nothing. I didn't give them any money, nothing. My goodness, till the end they were so much attentive to Me-very young boys, all below twenty-five years of age. And they carried My wheelchair up three storeys with their hands. I said, 'Don't do it, I don't want....' They said, 'No, no, no, no, we want You to see. We want You to come.' I said, 'Why?' [They] said, 'It would be nice for all of them.' I don't know what made them think like that. Such enlightened people, I tell you. With love, you get enlightened. With love, you get understanding. And such deep love exists within you.

Now the politicians will come and tell you a story. Then somebody else will tell you, 'Come and fight' and all that. That's how they have managed in Germany, young people. But now, now they're changing. All this world has to change because it has suffered a lot. This is no religion. This is not the teachings of the saints-no. It is not. It is devilish, that teaches you to hate others, is the worst thing. I mean all the enjoyment of love, all the enjoyment of affection, you don't know.

Now-a-days, you see the problem of the churches, this, that. I can't understand, stupid people. They have done so many laws and with those laws, whatever it is, whatever may be the causes, but what's happening is that poor children are suffering. They have no sense of pure love. Nobody understands what pure love is. Which is actually their innate quality, their innate-I should say the 'property'. But they don't know how you can love somebody purely! It's all something very, very wretched. It doesn't behove human beings to be like that. Even the animals are not like that, but human beings can go to any extreme. The whole wealth of beauty, the whole wealth of creativity, the whole wealth of art, artistic temperament, the whole wealth of enjoying life is finished.

If you are a fighting cock, you can't see anything, any good in anyone, in anything. They will fight others and they'll fight among themselves also-is a fact. They might say, 'We must fight.' All right, fight, but then they fight among themselves also. They will torture their own brothers and sisters. I mean, they don't love anyone. This is the main thing. Why take the name of religion? What the religion has done? How could they learn it and teach you such a horrible thing like hatred

for your own? It's not only among Christians, Hindus, Muslims, but everywhere human beings have become very dirty and filthy. They say it is Kali Yuga. I can't understand. How can you lose the power to love?

That's what Christ has talked about. He's talked about love very clearly. He said, 'Love thy neighbour as thyself.' Have you found anyone like that? No. You don't find all such people. The Christians who followed Christ, what did they do? Muslims who followed Mohammed-saheb, what did they do? And Hindus who followed Shri Rama, what did they do? Are they anywhere near their leaders? Are they anywhere near those Incarnations of the Divine? Nowhere.

The reason is-I don't blame them because they had no Realizaiton. They didn't know their spirit. If you have no Realization, you cannot understand anything, you cannot understand any enjoyment or anything. I mean, if you go to Germany, you can't go and see all the things they have done. You'll faint, if you have any human qualities. Even you go to Japan and the way they had put this Hiroshima, this-my goodness! I started trembling, I couldn't bear it. I said, 'How could human beings be that cruel?' Horrible! I mean now the days



have come that they're killing their own children. Extreme is this.

The other side of it is Sahaja Yoga, in which you love all human beings because they're human beings. They're born with you in this time. You have to help each other and love each other. This is the main thing. If you can develop this, you'll be very, very strong Sahaja Yogis and you will be supported and blessed by the Divine. Divine will help you and take you out of all troubles and tribulations and all kinds of difficulties, if you are a loving personality. This is what the blessing of Kali Yuga. It didn't exist like this before.

Now, if you are a loving person, the Divine will go out of the way to help you, to sort out your problems, to punish those who are troubling you. I mean, it's My own experience like that. I never do anything. I never curse anybody. I don't fight. I don't shout. Automatically, it works. I don't even tell the Divine to do anything. The Divine is at the greatest, just personality, I should say. That is the one who does all the justice. Nobody can suffer under the guidance and love of Divine, take it from Me. This is the blessing of Kali Yuga. I agree Kali Yuga is horrible. People are horrible. This is that. But there's one thing that this Divine has become very alert. It was never that alert. If Christ was born at

this time, He could not have been crucified. It's only because He was not born during Kali Yuga. That's a very big blessing for us. Nobody can be tortured. Nobody can be troubled. Only thing, you have to be a humble person. You have to have a good character and you have to have a very loving personality. That's all. Enjoy the loving personality. You will get the blessing because you are a loving personality. I mean, the way the Divine looks after you, there are so many miracles people tell Me. I'm not surprised because I know the Divine has become extremely alert towards human beings who are good and nice. It will look after. It will support. It will do everything. It's very surprising that it has become so alert. Like Mohammed-saheb suffered so much. Everybody suffered so much, but not now. Now the Sahaja Yogis won't suffer. Take it from Me. They're looked after by the Divine itself. Everything is looked after. I will tell you, people have written letters after letters all over the world, how they have been supported, how they have been helped. Very surprising how they have been rescued.

So we have to have trust in ourselves and we have to really love people. We should be humble and love. All this love will help you all your life. This is the



message of Christ. Christ has said, 'Forgive them.' How lovingly He said, 'But they don't know what they're doing.' Very lovingly He pleads for all the bad people who crucified Him, that 'O, Lord, please forgive them because they don't know what they are doing.' Can you imagine such a loving character of Christ?

And now, when we are celebrating and worshipping Him, we have to worship that character within us, that we are also loving people. We love each other. All over the world, all the Sahaja Yogis love each other. Of course, there could be one or

two-are not so good, but mostly, ninety-nine percent Sahaja Yogis love each other.

My blessings to you is this-on this day may God give you lots of love, and loving capacity within you, that you should have, which will change your life completely and you'll become such a powerful personality, very powerful Sahaja Yogis. You can do marvels and miracles if you have developed the understanding of love.

**May God bless you.**



# Sahasrara Puja

Cabella Ligure, 5 May, 2002

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

Today is a very great day, I must say, to celebrate Sahasrara-the Puja of Sahasrara. It's a very unique thing that has happened that your Sahasraras were opened out. There were some very few people in this whole world-there were some Sufis, there were some saints, some other people also in China and all. But very few, very few got their Sahasrara opened out. So whatever they said or written was never understood by the people. They actually tortured them, they crucified them and did all kinds of horrible things because they couldn't bear somebody getting this realisation.

So it's a very great day because collectively this Sahasrara has been opened. Every one of you have got it. Also all over the world you have many people who have got their Sahasraras opened. Of course we need many more for them to understand what is this great event of such a collective opening of Sahasrara. Some have grown very much, after getting their realisation, very much. They have understood Sahaja Yoga very well, and they have developed their depth, and their consciousness is really a great awareness

of oneness with the Divine.

To be one with the Divine is the greatest blessing for human beings. So far, they were human beings at a lower level of existence. They had all the problems of that level - is that jealousies, hatred; all kinds of problems that are today, of fighting, of troubling others, destroying others and not loving others. All these problems existed because their Sahasrara was not opened.

So our main problem is to open the Sahasrara of the people all over the world, which is very simple, which you can all do, and it will work better if you do it collectively. If you are collective, you can work it out very well.

Like that in Sahaja Yoga so many people have come whose Sahasrara was completely opened and they felt their depth. Firstly you must feel your depth. If you don't feel your depth, and you are not one with your personality which is so deep, then you cannot enjoy the Self-Realisation.

First of all you should understand yourself. If you don't understand yourself, how can you understand other people? You cannot. So first this Sahasrara should

be opened out fully. Fully means complete oneness with the Divine. That is not difficult. Only you have to meditate a little bit and then it will work out. It has worked out in many people. I am very happy to see, and meet such people in Sahaja Yoga, who have achieved such a lot of collectivity and also the awareness of a realised soul.

**So what is the awareness of a realized soul?** That is what we have to understand today. It's a very important day, as I said. **The awareness is such that you should now know what is happening in this world and how you can help it.** How can you help people to get to this awareness - unless you have this full, full knowledge about yourself, complete strength about yourself, and the confidence, you cannot do it.

Sahasrara Day is to be celebrated just to strengthen your bond with the Divine so that your consciousness becomes absolutely enlightened and you see the right point in everything.

It has been in so many countries, I have seen, people have taken to it very, very fast. Surprising, in Africa, which is not supposed to be very developed country, it's good, because thousands have got realisation. Those who are developed have gone beyond the point of ascent, I

think. That must be the point, they have to come back from that developed state to this state from where they can rise. And so, the people who have though got realisation are not ascending so fast as the people who are not yet so much advanced and modernised. Still it has worked, it has worked in so many people and so many have got this ascent very well.

But I would say, that when you are meditating, also outside, **you should develop a state of witness. You should try to find out what is the matter, what's wrong with you, what's wrong with others and how you can help it.** Only with your vibrations you can correct so many things in your country, in your family, everywhere.

And as you see now how Sahaja Yoga is growing, that there's such a need and such a desire to get self realisation. But only thing, **your approach should be full of love and full of understanding.** They are coming from the darkness of ignorance and they have to go into the element, nature, of the Divine which can be very bright for them. So slowly, slowly if you develop this passionate kindness, love for them, I am sure you can do much more to raise them. No use getting angry with them, because they are so ignorant, they don't know what they are doing, you



see. As Christ has said that, "They don't know what they are doing."

So what you have to do is to make them understand whatever they are doing, whatever they are understanding, is still poor, it's not so much yet expanded as it could have been if they were realised souls. Even after realisation I find people have a problem. They still have the problem of the past life which is finished, it's dead, but they still carry on with that, and the consciousness, so much of illumination also, doesn't show what's wrong with them.

For example, take the case of ego. Ego is so developed. In the western countries where they are so developed, ego has also developed. And they have to find out what's wrong with them. This ego comes from certain consciousness that you have been something great, you are this, you are that, your parents have been great maybe, your property is great or maybe you are occupying very big position, or anything. It can come from anything, and this consciousness is against your awareness, because it's not true. You are not anything being moulded by these outside things. But-you are moulded by your own awareness within yourself. This awareness has to grow. From where? Is to understand how do we get this ego, from what point.

Yesterday I felt there were lots of people who were having a lot of right side on them. This right side is of no help, it will create problems for you, sickness for you, and also no use having right-sided Sahaja Yogis.

So the main thing is to understand the power of love. Power of love is the highest and the greatest, and **if you can manage somehow or other to give up your anger, give up your greed and also your ego - if you can do that, you can be in Sahasrara.** Now just see the sport of ego. It stops your ascent further. At ego only people get lost, because at ego only they move to the left or to the right and they can go to the too much of right side, or can go to the left side. They can go to any extreme of these two.

So first of all we have to correct our ego. For this ego, what should we do? For this ego we should watch ourselves and laugh at ourselves! What ego do we have? Of what? We are human beings - now we have become Divine! And with Divine within us, with this light within us, we have to understand that **we are a part and parcel of the Divine, just a drop in the ocean of love.** If you can reduce your ego, if you can bring it to the actual 'sense' of your being, then it will work out better.

I find it, in the west, this ego is very

strong, very, very strong. And whatever they do wrong, they think is correct because ego can support you in every way. While on the contrary, those people who are developing, the countries who are not yet developed, there the people's problem is not of ego but of superego. That can be corrected. But ego is your own enemy, created by you. So you have to fight it, and see for yourself from where it is coming. It might be country-wise, it might be family-wise, it can be from anywhere. So first of all we must watch out for the ego, if it is Sahasrara we have to enter into.

When I was looking out for a collective happening of Sahasrara opening, I found it was the ego of people which was keeping Me down. I had to fight the ego of people. Because I am a woman of very simple habits, no pride, nothing, so people used to suppress Me, say all kinds of things to Me. But I understood them because they had ego problem. And once this ego evolves and tries to dominate, we can have Hitlers in this country, we can have all these horrible people all over the world.

So the first thing you should understand, those who have ego-we should not ever subdue to them. Of course you shouldn't start fighting, but you have

faith in yourself that you are the people who have got self realisation. You are much more powerful than they are. My powers only work out when you are realised souls. You will be surprised, they work out many things which may not work out with people with ego.

Like the other day I heard from Africa that people become invisible, suddenly. There was coup-d'etat and the President is Sahaja Yogi-he became invisible, nobody could find him. Because they are very much surrendered. They are so much surrendered that they get advantage of My powers. You all should use My powers, also, of protection. This protection power is very, very strong, specially for people who are very much 'in' Sahaja Yoga, who are very much 'there'. So you must have, first of all, complete faith in yourself that you are Sahaja Yogis-but not the ego. **'Sahaja Yogis' means you cannot have ego.**

This ego business has come from various sources, you know that. But it has to be cleansed out. Like when the river flows, all kinds of dirt, filth, flows into it. But when it meets the sea, it becomes the sea. In the same way you have to become that. To become the sea, what you have to do is to forget all these tributaries which were coming into you and all wrong ideas which



came to you. It can come from any source. I do not know how to name them, because there's a big list of these sources. People are mad sometimes with this ego.

So, main thing is how to watch and witness your ego, how it works, how it spoils your temperament, how it spoils your relationships, how it makes you stupid. Ego is, first thing it does, is to make you very stupid, and you start behaving in such a manner that people start thinking that "Oh, you are the great, stupidest person ever living." But it is of no help, because if they believe that you are a stupid person, what will happen? On the contrary, if you have the wisdom, if you have that peace, if you have that special temperament of enjoying everything in life, and also the collective temperament, it will work out. They will be impressed. Because in the light they can see their own stupidity, own falsehood, everything, and they will realise that what they think is not true. "This gentleman is much deeper than me. What he has got, I haven't got it." This is the main thing for all of us.

In Sahaja Yoga we have people who are leaders. That doesn't mean they become really leaders, but that means that they have a greater depth. If they don't have, they get out. If they have the

depth, then they are leaders, in the sense others see them and really enjoy, really enjoy their being there. So in everything, you can see for yourself. Specially I would say for the leaders, because people see them and they are the ideals for them. For Me they say that "Mother is after all Mother, what can we achieve from (like)Her?" But from the leaders they learn a lesson, and they understand that this is wrong, and this is not proper.

First of all you should be model - models of Sahaja Yoga. And that is what I have been always telling you, that "Get rid of your ego." It's the worst thing, because first of all it brings anger. You think you are something great, and you can do this, you can do that, because you are a Sahaja Yogi. It's not true. On the contrary, become extremely humble, extremely humble, and you do right things. You do not become any more, any more, arrogant and also full of anger. Anger departs from you, completely, completely. It gives you a balance, it gives you wisdom by which you see what is your job, why are you on this earth, why this energy has come to you, why you are a Divine personality. It's a very, very great responsibility. **You don't have to look after yourself, no, the Divine will look after you. Absolutely. It will protect you, it will look after you, it**

**will do whatever is needed for you.** But, in case, in case you have this ego, you shut out yourself from the reality, from the truth, and you become very hot-tempered and arrogant personality! This has to go away.

Sahaja Yogis are saints, not saints, but they are more than saints because they can express themselves better. They have powers in them which they can utilise, which they can show to other people that you are so powerful that you can manage things much better than what you think.

For example, say there's a problem, and the whole world is upset about it. Only thing, if you know how to witness it, it will disappear. It will disappear in the whole world! It cannot remain there. So, nowadays the world is full of turmoil, as you see, full of non-sensical people coming up, full of quarrelsome people, dominating people (who) are overpowering. At this time, if you just see this in the witness state, this will disappear. Because you are very powerful, you are very powerful. But you must know first of all that you must have the equipment to use the power. If you have that equipment within you, you can do it. But with your ego you cannot. Ego is the greatest hurdle for your ascent. You see that ego is at a place where you have

to just cross to go to Sahasrara. And to break Sahasrara is very easy otherwise. But if there is ego, you are already lost in that ego.

So against all this, one has to understand that 'watch your self'. Is he egoistical? What does he think about himself? Ego is very limited. It makes you limited and you don't see the purpose of your life. Why have you become a realised soul? You don't understand, you just are involved in your own affairs, in your family, in your children, in you... something like that. Very low. But if you have, if you have, an ego-less temperament then you are very effective - the whole power works.

What I have seen, the power of Sahasrara is so great. In some people it has worked wonders. They have worked it greatly. But because of ego many people are still not of that level that we can say they are Sahaja Yogis.

Now, as it is, I am here to tell you about it. And in those days, when these saints came in, nobody was there to guide them, to tell them anything. On the contrary they were so much destroyed by the surroundings, and people never understood why they don't have any ego, why they are so humble. So they misused (them). But now you have powers. You must know how to use your powers. But



that should not give you by any chance any ego, that you have powers. On the contrary you should be humble. You have power to be humble. And if you can be humble, and understand that these people are not yet realised souls, they are at a lower level, still their ego is catching them, and they are at a lower level, they have to come up. When you understand that, then you will have not only pity, but also understanding about them and a kind of a help will come to you from the Divine that will solve your problems.

I find most of you have problems of very low level sometimes. And then I am surprised why are you bothered about these problems. You see, you are so powerful. So in Sahasrara you must know what powers are there. There are one thousand powers, one thousand powers within you which are being enlightened. If you can understand that, then you will understand that 'what's the use of having ego' because you have such a lot of powers within you which you have not utilised, which you should use. But because of ego you cannot. With love you can. With love you can manage and you can do a lot.

So I would request all of you today to take a vow that 'We'll have no more chances for our egos. We'll give it up.

We'll give up our ego.' Because there is no sense, that's an obstruction between us. When the Sahasrara wants to work, it cannot because of ego obstruction. So better not to have ego of anything. You may be a good singer, you may be anything in life, may be some big man or anything, what is so-called-has no meaning. What we need today are people who are ego-less and who have powers completely flowing in them.

With the opening of Sahasrara, all these powers should flow. If the Sahasrara is fully opened all these powers of love should flow. You'll be amazed, wherever I go, people just fall in love with Me! I don't know why, I don't do anything to them, but just they 'feel' My love. That's what it should be, that people should feel your love and they should know that you are a loveable person.

This is the thing you are made as special people, very special, for this whole world's emancipation. That's your job, and not otherwise just collecting money and doing all kinds of nonsensical things. You are here for very, very sensible job which is to raise the Kundalini of people and make them aware of their greatness. Human beings are not created only to war and fight, not created here to play politics and do all dirty tricks. They are not made

here to lead a life which is very, I would say, filthy and dirty. But in this world we are here to do such a great job of God who has created us.

So this is possible if you are aware that your Sahasraras are being opened out, and that in this Sahasrara resides the purity, not all these small little things about which you are worried. Some people try to take advantage of Sahaja Yoga thinking that 'O, they can do better, they can have help of others-nothing of the kind. You can be helped by yourself, you don't need any help. On the contrary you have to help others. There is no need to expect any help from anywhere. Look at Me, I am an ordinary housewife otherwise, but how it has worked all over the world. By what? By just the power of love. Only trouble is, that I can use My power of love, but you don't know how to use. That's the only problem.

If you want to use your power of love, in meditation you can develop that power of love. With that you can capture people. With that you can understand. Their problems are that they are not Sahaja Yogis, they are not the people who are having all the blessings or the connection with the Divine. Imagine, you are connected with Divine. And Divine is such a great thing which has created this whole

universe, created you and has done all the great jobs. So what are you? You are a part and parcel of that Divine power. So why not we use our Divine power fully within us, with love and with understanding so that you develop this wisdom within you.

This is what is to be told to yourself, that 'We are realised souls. This one is something - a special personality, very much special.' In this world there are very few people who are realised souls. But now we have so many, I can see them. But still, if it's lacking in us, some problems are there because of our ego. One should not have ego of anything, everything is perishable. What is not perishable is Divine love. What is not perishable is Divine personality. All the time you see the saints and all that, though they are dead, people remember them. All their poetry is remembered. Though they could not do much of Sahasrara work, they couldn't give realisation to people, still because of their personality they are still respected. And people know that these people have been doing marvellous things, miraculous things.

In the same way, you can see your own miracles, and you can see for yourself what you are capable of because now you



are connected with the Divine. This is one fact you should know. Whenever there is danger, whenever there is problem, you will say 'You'll be saved.' Many have been saved out of you, no doubt.

But, that is not sufficient. You are saved for what? What is the value of your life? Why are you living? What is the matter? Why God has saved you, given you all this? Because there is so much to be done for this world! **You are the, I should say, soldiers of truth, soldiers of goodness and all that is to be done with great courage and understanding about yourself.**

So what you have to do is to have self knowledge. You have to know about yourself. You must have self knowledge, what you are. If that you don't have, what's the use of opening the Sahasrara? Self knowledge is, it doesn't give you any pride, nothing, but gives you the duty what you have to do, what you have to work out.

It's not only just for you, the Sahaja Yoga, but you are for the whole world, please try to understand. Sometimes we think Sahaja Yoga is there for our betterment, for our good health, this that. It's not so. It is for the betterment of others! Your powers are there which you are not utilising. You are still busy - I get letters saying that "This is wrong with

us....wrong with that." **Why can't you correct yourself? If you can't correct yourself, how can you correct others?** That's what it is.

I would say that one can see that there's understanding going into your understanding that 'you are great'. You are not ordinary people - and this has to be practiced and to be used in a manner that will show that you are Sahaja Yogis. You are no less than any Sufi or any realised soul or any saint, no less. But you have powers which they didn't have, of which they were not conscious. While you have these powers! Try to understand what powers you have. But by understanding that, you should not have pride about it or anyway, but that's your job, you have to do it. You are there, and you'll enjoy it because it is not with ego, but ego-'less' work. If you can manage that much it will be very good.

Now ego has come down very much, I must say, very much. I hear from people that ego has come down. But sometimes they are still quite worrying and fighting and this and that. But despite all that, I must say this, whatever work has been done all these years, people have worked it out among themselves.

So you have to watch yourself. And see for yourself 'what ego you have, why

should you be egoistical?' Some of the people have ego of their country, some of the people... I mean it's all mythical! It's all mythical. What is the .. you could have been born anywhere. Though you are born in a particular country, you have that ego and it is something, I must say, one has to be ashamed of. Because your country, whatever it is, is not doing very well. It's not spiritually equipped, so why should you be so proud of your country? When you will work it out and they will become spiritually equipped, then of course you can have pride in your country. But I see it is not happening. And so you have to work it out.

And I am also happy to see that so much of Sahaja Yoga is now spread out everywhere. It's spreading very fast. In countries where I never expected, it's spreading out. So there are people everywhere in the world who want to have it. They want to have their realisation and they want to know what is beyond this human life. They don't want to waste their life anymore as human beings, but as

'super-human' beings I should call them, as Sahaja Yogis.

So our ego has to be seen, has to be watched in witness state, how it works and how it tries to dissuade us from the right path of movement. One has to be only careful on that point because that's the last centre which has to be opened out. Once it is completely open, you are one with the Divine and all your problems will be solved. Because these problems are so frivolous and have no meaning; they'll go away in no time as long as you work it out, your Sahasrara.

It's very nice that today is a very special day with all these stars are coming together, and it's a special blessing. If your powers increase, all these people who are very bad, who are trying to capture the society with their political nonsense and all that, they all will disappear. They have no powers, they'll all disappear.

So, first of all your ego-less nature will help-will help everyone.

**May God bless you all**



## Shri Adi Shakti Puja

23rd June, 2002, Cabella Ligure, Italy

(Pravachana of Her Holiness Mataji Shri Nirmala Devi)

Today it's a different day, altogether, for all of you because this is the puja of Adi Shakti and Adi Shakti is a complete personality. It's not only the left side that you know.

You all know only the left side, from Shri Ganesha through the ascent of different different chakras on the left side. I didn't want to tell you about the right side to begin with because those who have gone through the right side got just lost. They got Gayatri mantra from the writings, but they didn't know what it was about. They just used to learn it by heart. They didn't also know the real meaning of it and that is how they moved on the right side and I don't know they landed up at the Agya. And then they were trying for the Self Realization. They were promised that if you do this right side properly, you will reach to the ultimate goal of Self Realization.

But none of them reached (there) yet. Most of them got into a terrible temper, terrible temper of cursing others, of destroying others, all these things they learnt through their right side movement. There was no Kundalini awakening. And

they were made to go up to the, at the most, Agnya chakra. And then they collapsed into different places of complete ignorance. All these books were written without understanding. That's not easy to go via right side. But best was to awaken your kundalini. The kundalini directly takes you up in the centre of all the chakras, up to the Agya and crosses Agya and goes beyond Agya into the Sahasrara. And then it pierces through the Sahasrara.

Now what is so important about the Brahmarandhra from where it pierces? I never told you about it. But now I think, for most of you, the time has come. You see in the childhood, the child has a *talv*, is the fontanel bone area, which is pulsating always. It is pulsating because the spirit entered through that area and, when you close it, it settles in the Heart. Now you have to become the spirit-oriented person. But how to enter into the Sahasrara was the problem. The tantrikas, who were there, they went through the left side and they developed all the practices of black, we should say, the left side.

So the right-sided became extremely

hot tempered, extremely hot tempered, I should say, extremely ambitious, ferocious and they started killing people on the basis of cursing. They're very good at cursing people, to be always forward, push back all the people and over-ride everybody's rights. They were regarded as the most, ambitious and most powerful people. Now the brahmins and, to some extent, the kshatriyas, they then took the right side. Because of the right side, they became very powerful, no doubt. They got all the powers over the world and they were regarded as extremely powerful and majestic people, but they were not because they were so hot tempered. Hot tempered people cannot be spiritual.

So they were told, You'll get your spirituality. Don't worry. Keep moving. And the seven chakras were described on the right side. According to them there is Bhuh, Bhurvah. Bhuh is this Prithvi (Earth), is this word Bhuh. Bhurvah is the complete cosmos or we can call it Antariksha. Swaha, swaha is consumption at the Nabhi chakra. And swadha is the consumption, inside is to absorption swaha. Then is the mind, heart. Mana, after mana came the Agnya. Vishuddhi the Vishuddhi is jana, collectivity, people, go to the people jana. Then, at the Agnya, it is tapa. In tapa we have Christ in the

centre. Left side, they had Jainism. Right side, Christianity. They were not actually ascending path. They were just side outlets, you can say, for the energy of people who were trying to seek the truth.

Now this happened for ages in India. All the gurus, all the sadhus, all the big tapaswis, all of them did this. But where did they reach? Tapaswis were the people who could give curses, shaap, to people. They could curse somebody. With the kataksha, is with the glance of the eye, they could kill somebody, they could burn something. All right-sided powers they had. But with these right-sided powers, where did they reach? To hell, I should say, in a way, if not in the limbo, as you call it. There nobody got Self Realization. You read the old books from India, but even otherwise, the Greeks and then we had Egyptians, English and all kinds of aggressive people, Germans. All of them were aggressive. Catholics. And also, you had Romans. All of them were aggressive and were taking the land and property of other countries.

Extremely aggressive, they believed in the killing of the people, extremely insulting hot-tempered people. So how to bring them to the normal, to the central path? One side was, as I told you, Bhuh Bhurva, Swaha Swadha, is consumption.



This was done by the Guru Principle. Then we have mana, jana - That is collective. They became collective, no doubt, because they are so powerful that they had such a lot of people with them. To fight for the oppressive, with their oppressive temperament they were fighting on people and were oppressing them.

All this kind of knara generation came in the history, as you know, and then it disappeared. Wars were created. Then so many people were killed. We had Hitler as the maximum of cruelty. They never cared for humanity. Then ultimately it came to the Agnya. Agnya also they killed Jesus Christ. They destroyed Jesus Christ. They destroyed so many great saints who were really sent through the central path. Some were incarnations and they destroyed them. All this happened since the time of Rama. All that has happened and, one after another, so many rakshasas came and they destroyed the peaceful culture of the world.

Extremely arrogant, show-offs, as we can call them, very aggressive people and this aggression came, came with such a great force and followed one after another. It went up to a point. When people reacted, they were killed and were destroyed. So horrible people were created.

All these people, as they were aggressive and destructive, this nature is still within us, some people because they are right-sided. All right-side people had this problem. Temper, aggression, controlling others, the growth stopped and there was no spiritual growth. They wanted to have spirituality, but with this kind of behaviour they had developed, spirituality ran away. We had so many incarnations. They all were killed, crucified, or were finished. There was no possibility of saving, human beings in general. One bad man came and he ruined the whole world. We had one Hitler, who really hit all the people, all the countries, all the nations and we were all finished. All this is because we have taken to right-sided movement, which they thought was easier for spirituality, which was not.

So they crossed all the limits and they reached a stage that they became absolutely devils, rakshasas. Without realizing that human beings are rakshasas, that's what they become. Even their gurus were like that, but they tortured even the incarnations. All the incarnations were tortured by them. It was really, how they saved themselves remarkable. But ultimately, they couldn't produce any results.

So the first thing I tried was to study about the kundalini that I should be able to raise the kundalini and I knew I had come for that, not for anything else, but only to raise the kundalini of people, so that they take to the central path, not to the right or to the left. But I told you the knowledge of the left side, plus raising your kundalini. By raising your kundalini, you broke your Sahasrara and you entered into the realm of real joy, of reality. All these bad qualities started falling out. In the central path, first the Mooladhara came. By the awakening of the Mooladhara in the central path, you became very pure people. Your eyes became pure. Your licentiousness went away. Your cheapness went away. And you became very-very, I think we should call them the holy people. Unless and until that happens, you cannot be in Sahaja Yoga. You cannot be a licentious, you cannot be a flirtish, you cannot be a man who wants to grab money from others and all that or anyone who is very aggressive could be in Sahaja Yoga.

So all such people were thrown out. Once they were thrown out, they were showing their teeth, I should say. They didn't like it that they were thrown out. But they understand now, some of them, that we have made mistakes.

So first thing is that you must develop your sense of chastity. Respect it and enjoy it. That happened because of your Mooladhara being awakened. That's the first chakra on the left side, where you have Shri Ganeshha.

But on the right side also, we have deities. On every chakra we have deities to compensate. For Shri Ganeshha is in the centre and that's how we were blessed by His powerful purity. And we started understanding the beauty of purity, the power of purity. That's how our right side, we finished off. Right side was for fighting, for killing, anger. There was no peace for these people. The only thing they knew (was) how to dominate others and to be intolerable.

So then they rose to a higher level of Swadisthan. In Swadisthana, they rose and the aggressiveness of the creative people, to create something. Even now we have many. They create all kinds of nonsense, create all type of grotesqueness, also very, very, I should say, dirty things to make a name.

So this is the another thing we got it in Swadisthana, people who wanted to have a name, a position that came from right Swadisthana.

Then the third chakra that was there was the Nabhi chakra. On the Nabhi



chakra, they went all out to make money, not Lakshmi, but money, money by any means. And they cheated the whole world. With this money that they got, they did all kinds of bad things. Either they cheated or they were aggressive. Cheating was very much in the left side countries like India and aggressiveness in the right side countries. In the centre, what quality we have at the Swadisthana is the creativeness. Creative of art, which is very beautiful, which is very deep, which is absolutely spiritual, that vanished and people started showing even the incarnations full of dirty habits. All kinds of filth came in with that progress.

Then as I told there's Nabhi. In Nabhi, people got after money. Left-sided people were making money. Right-sided were aggressive with their money. If they were earning, they thought they were on top of the world. If they had money, they thought nobody's better than us. All this finished them off. Its finishing. It will come to that point where they will realize, that money is not for destroying, but for construction, constructing of the country, constructing of the human beings together to bring peace and love among them, for helping, for doing all kinds of good things. Then the same right-sided people were to the chakra of the Mother. 'Han'(yes) and they

were horrible mothers, tried to dominate their children, dominate everyone and could not sacrifice anything for their children. We have had enough of these women who are aggressive with their husbands, are aggressive with their children. And even the motherhood among men is dead and finished.

All that kind of lot, when I came on this Earth I saw and I was shocked. What sort of human beings are those? What am I going to do with them? How will I awaken their kundalini? At the Nabhi chakra only they were lost. But now it is the Mother's chakra. They had no fatherhood, no motherhood. They drove out their children, very selfish, self-centred, dominating parents.

This was the Heart chakra. Then came the collective chakra, what we call as the Vishuddhi. At the Vishuddhi chakra, they wanted to occupy the whole world. They wanted to occupy the whole world as their own, to become emperors and they formed empires and misbehaved to such an extent that its not humanly possible to behave like that. They really were rakshasas, I should say, and those rakshas qualities are still there. In their behaviour, in everything you can see how they behave towards people, treating them like that, creating people who are

against spirituality and those who are aggressive. Well these became like a, two sided world, where there are people who are aggressive and the people who are tortured. This-two sided world, existed even now, but is much less. Thanks to the collective understanding, there are many good institutions that were established, but they are not working out. They are not so successful. Because the men at the head of it are controlling, but controlling what? Not themselves. Controlling others. And all their behaviour has spoiled all the work of this chakra.

Collectively, you have, if you see around not today, everywhere there's war going on, fights going on, killing going on, destruction going on. How is it? There are so many spiritual people now in this world. So the reason is the spiritual people have become very quiet. Very much enjoying their spiritual life. Have become very quiet and very peaceful people. But that doesn't bring peace. You have to be dynamic. And you have to bring peace in the world. You have to do something about it. We are very much satisfied with our progress, but we are not bothered as to see what is the progress others have done, how far they have gone, where can we meet them, what can we change them. At My level, I can change many things, but at your level

how many people have you changed? What have you done? That has to be seen. Still, you live with your ego on the Agnya and you are very happy with your peace, with everything you have got through Sahaja Yoga.

This is the biggest calamity that the world is facing today. That those who are also spiritual, those who have achieved great heights are least bothered. As to what good has to be done, what they are doing is to enjoy their own spirituality. You come to the puja, have more and more of it, but they have done no collective work to change people. Some of them are working one or two, *bas*(that is all), the rest of them are having a good time, enjoying themselves in such a manner that people accept them as great souls, good people, that's all.

I would like you to now introspect and find out how much collective work you have done, how many people you have got like that. With whom are you, talking? How many people have you told about Sahaja Yoga? Only so many are there. Christ had only twelve disciples. They are much more dynamic than you are.

So now, you should take to the right side. And when you take to the right side, we'll create dynamic people, not just some useless, patient, very quiet, peaceful



people. This was not the aim of Sahaja Yoga. The aim of Sahja Yoga is to change, change so many. And those who are doing that, all My blessings are with them. But those who are just keeping to themselves, it is not a very good thing. In your country how many people have got to Sahaja Yoga? Just find out with how many people you have worked it out?

So yours is not a complete yoga, Yours is a partial yoga of the left side, where you are very loving, very kind, very this thing. I'm not saying that you should become aggressive in any way. I have seen people want to be leaders. They want to be something great, but how many people have they given Realization? How many people have they talked about Sahaja Yoga? I have seen, in the aeroplane also you go, you walk in the street, anywhere people talk about Sahaja Yoga. But here we are using Sahaja Yoga for our greatness, for our understanding of ourselves. This is not why Sahaja Yoga has been brought to you. It has been brought to you for giving Realizations to many people.

I request all the younger people, younger generation, not to waste their Sahaja energies on nonsense as the old people have done. You better go ahead and talk to people about Sahaja Yoga and

spread the Sahaja Yoga. They are more interested in running schools, in looking after the destitute, doing this, doing that. That's not your job. Your job is to create more Sahaja Yogis, more Sahaja Yoginis. But that is not there. What I find is it's not there. The right side is missing. You should come to the right side. Go all ahead. Nothing will happen to you.

Nobody can kill you, nobody can disturb you, nobody can arrest you, take it from me. You have powers, but if you don't use them, you are like this. That is why we have come to the stagnated point, that we should know we have to use our right side. Right side is very important.

Next time I'll tell you about right side, what right-sided things you have. Now you cannot become left-sided whatever you may try. So you use your right side in the right direction, with the right understanding, not as some sort of, I should say, very arbitrary or very dominating, like Hitlers. We have had also Hitlers among Sahaja Yogis. But now, the time has come for you to do something more than what the saints have done before, to work it out that way, not to keep to yourself, that you have a family, you have very nice children, having, enjoying, all that. That's not the Sahaja Yoga for.

Sahaja Yoga is for transforming the

whole world. You have to think about it. What are you doing? Where are you? And what have you achieved out of Sahaja Yoga?

Then we come to the Agnya. In Agnya what has happened is Sahaja Yogis have become such that, they can bear anything. They can suffer anything. That's not what we want. What we want is to remove the sufferings of others, remove the aggression of others. So we don't have that kind of organization, we don't have. That kind of understanding, we don't have. And if that works out, you will be different people.

So we have become like saints, you see, sitting in their hermit halls, something like that, not more than that.

So better try to do something positive, without aggression. I know some of you are still very aggressive, are show-offs I know that. But if you get into the mood of working out collectively, then you will realize what mistakes you have. Still, what is lacking in your personality? That is very important. At Agnya chakra many Sahaja Yogis falter. I don't know what happens to them. At Agnya, I have told that you must forgive. But that doesn't mean that you allow people to do wrong things. Because you want to forgive, its very easy not to fight, not to say anything, just keep out,

just forgive, no. You go and talk to that person and tell him it is wrong. You have to face it. If you cannot face it, then you are useless, just like any other people. What's the use of you people getting your Realization?

So now, we have to understand that its not only that we have vibrations, that we are all right, that you can cure some people, is the last word no. You have to spread it. You have to go in the public. You have to be collective on this point and you have to spread Sahaja Yoga. With so many Sahaja Yogis all over the world, we have not progressed much. So now, it is you who have to plan what you want to do, how you want to do it and how you want to spread Sahaja Yoga. Its very important. Because you people are good at, say, talking about Sahaja Yoga, singing about Sahaja Yoga, all these things are useless, unless and untill you have concrete proof of getting many more people in Sahaja Yoga.

In a small country like Turkey, we have twenty-five thousand Sahaja Yogis, what do you say? They are all Muslims. Twenty-five thousand Muslims becoming Sahaja Yogis. While you find that number is very small in any other country? They are not very rich, but they care for their Self Realization and for giving Self



Realization to others. Its very surprising how it has worked out, how it has spread!

So instead of thinking of your problems, of your enemies, of your powers, think of giving power to others and making them Sahaja Yogis. Its very important. If you are in Sahasrara, then you have all the powers. In Sahasrara, if you do not spread Sahaja Yoga, what's the use of getting Realization? Just for yourself? Its being very selfish. So I would say that, instead of spreading your own glory, your own fame, your own name, please try to get more people to Sahaja Yoga. Go into a very dynamic force.

So many people have complained to Me that Sahaja Yogis are nothing but dead people. Is that what you are? Only single person like Me has done so much work. So why not you people? In your

country have you worked it out all over? Just think about it. And that's why, unless and until you don't do it, you are not sampoorna, you are not complete and the Adi Shakti's powers you have not understood in its full form. That's why I'm telling you today it's a very important day that you worship Me as Adi Shakti. But you should know that Adi Shakti has to be a complete form. It cannot be only half left-sided, no. If that doesn't work out, then what's the use? Its like getting any other Realization. That's not so important. Not only that you should spread, but also you should make them and realize it.

All My blessings, all My love, all My powers I give you. But try to understand, all right?

**Thank you very much.**

# Shri Mataji Cleansed Our Souls

Hong-Kong- 16-19, December, 2001

Shri Mataji was here on a private visit and was accompanied by Sir C.P. and also Kalpana-didi, who came from Bombay to join them.

We had made all the arrangements weeks in advance and had secured a very good suite at the Park Lane Hotel, close to the ashram in Causeway Bay, which is on Hong Kong Island.

The night before Shri Mataji arrived, the ladies transformed the hotel suite with beautiful flowers and decorations, so it felt very homely. A puja was done to vibrate the suite in preparation for our Divine Mother.

Shri Mataji arrived early in the morning on December 16th, after a longer than usual sixteen hour flight via Taiwan, due to strong winds. A small group had gathered to welcome Shri Mataji with flowers.

Shri Mataji emerged with a beaming smile, looking very fresh. She was very happy to greet us and asked how everyone was. We all felt the love and compassion of our Holy Mother and the sweet smile touched our hearts and cleansed our souls. She said that the flight had been longer than expected, so we quickly took Her to the car and back to the hotel.

She was very pleased with the hotel suite and thanked us for making all the arrangements. She asked to see the news, as there was some events between India and Pakistan that She wanted to follow. Her attention was very much on the current situation in that region.

Shri Mataji spent the first two days resting and watching the news. She had a lot of attention on American President George W.Bush and mentioned that She had written to him on various occasions and that he had taken Her advice. He was quoting from the letter She had written many of his speeches, It was interesting that this time last year when Shri Mataji came to Hong Kong She was full of praise for George Bush and said that he was a simple man.

Who could have imagined the turn of events and how this man could be the chosen one to defeat these evil force?

Shri Mataji went shopping on the Tuesday morning, December 18th, to buy presents for various people. She is always buying for others and I have never seen Her buy one thing for Herself in all the years that She has been coming to Hong Kong.



Shri Mataji always comes when the sales are on and gets an even bigger discount on the sale price. Her eye for detail in the designs of things is amazing and She always picks out the best pieces the shop is selling. The vibrations flow and the shop assistants get their Realization.

On Tuesday evening, we had arranged a dinner for Shri Mataji, but, as She was tired from shopping, She rested and took Her dinner in Her room.

After dinner, a concert was planned and Shri Mataji decided to come to this, as She didn't want to disappoint the yogis. It was a very intimate setting in a small function room with about thirty-five yogis. Shri Mataji gave all the yogis a ring and said it was for our protection.

One of the Chinese yoginis, Florence, played the gu zheng, a traditional Chinese string instrument tuned to a model scale. She played some of the famous Chinese folk songs and Shri Mataji really enjoyed the performance. This was followed by some bhajans performed by the Hong Kong yogis. It was such a beautiful evening and all the yogis were overjoyed to have spent time with Shri Mataji in such an intimate setting.

Shri Mataji was very pleased with everyone and put attention very much on the situation in China. One lady,

Jo Yo, had come all the way from Guan-dong province to be with Shri Mataji. She was so happy to be able to see Shri Mataji. Shri Mataji then appointed two new leaders for Hong Kong. Edwin Hou and Lily Chen will now look after Hong Kong and China. For me, it marked the end of a great chapter of my life, as I have been coordinating Sahaja Yoga activities in Hong Kong for the past ten years and seen the collective grow and mature. They will now provide the foundations for Sahaja Yoga to work out in China.

It was Wednesday morning and Shri Mataji wanted to buy saris, so we travelled to Kowloon, where there is a famous sari emporium. After the shopping, Shri Mataji gave Realization to the manager and his assistant. We got them to put their hands towards Shri Mataji and they all felt the cool breeze. Shri Mataji was very pleased that they got their Realization and encouraged them to come to our programmes.

We had planned a last minute shopping expedition, but unfortunately time had run out. We left for the airport and Sir C.P. went with old friend, Tommy Cheung, who has always met with Shri Mataji when She has come to Hong Kong.

The day was sunny and warm. We

were all feeling sad that Shri Mataji had to go so soon. A few of the yogis gathered at the airport to meet Her and She spent the time receiving flowers and speaking to them.

She thanked us all and then She went through to the immigration control. We waited and watched and She finally waved to us all as She departed to catch Her flight to Mumbai.

We all felt sad, but, at the same time, fortunate to have been so close to Her for the past four days. We knew that there were many of our Indian brothers and sisters who were eagerly waiting for Her arrival in Mumbai.

Shri Mataji gave Realization to three air

hostesses between Los Angeles and Hong Kong. One of them, while Shri Mataji was holding her hand, said, "Mother I can feel a lot of power coming from your hand." Shri Mataji smiled and replied, "I only have the power of love and compassion."

The plane made an unscheduled stop at Taipei and so Shri Mataji had Her attention on Taiwan. The three air hostesses, one from the Philippines, one from Japan and the other one from China, brought Her attention to Sahaja Yoga and the yogis in those countries.

She later also had attention on Malaysia and Indonesia, as it was the maids' day when we arrived in Hong Kong.

# Shri Mataji talks to Sahaja Yogis in Hong Kong

18th December-2001  
(Part and Parcel of that whole)

"I am so happy to hear all of you singing those beautiful songs, which are sung all over the world. Now you have become part and parcel of that whole.

"We have Sahaja Yogis everywhere. In America, I was surprised to find that three hundred Sahaja Yogis were saved" in this World Trade Center incident. Not a single Sahaja Yogi was hurt or lost life. It is remarkable how some of them were late for work that day, some of them ran down to get out on time and some of them started running in the other direction. "All of them are Sahaja Yogis...

**"It is remarkable how you are looked after and saved by the Divine"**

## **Tao is Sahaja Yoga**

"I feel that we can do a lot" here in China. The Chinese "already have a tradition of Tao... Tao is a Sahaja Yogi and he describes his mental conditions and all of the problems they have in such a beautiful manner...

"Somehow or other, Taoism was not practised and it has just become books of controversy for all the scholars, that's all. But now I think they are reviving. I was told that....Tao religion has been

accepted now in China and they are practising Tao, so we can also. So we are Taoists."

Premier Li Peng of China was shown My photograph. "He said, 'Yes, I remember this lady. She has a remarkable personality....' They said, 'She is our guru' and She's this and She's done this for us. He was very much touched." He told his attaché for cultural affairs to meet Me- "You must see Her and know about Her'- even though they were communists and all that."

"The attaché came to see Me... closed his eyes and then he came up. Then I told him all about it."

## **About Chinese people**

What I liked about Chinese people "is that they were extremely humble, very respectful people." When I went to the United Nation Women's Conference in Beijing, "they gave us a complete floor of a great hotel to stay in." They sent two cars. "one for my wheelchair and one for Myself." They arranged for so many people to look after Me.

"One of them said, 'Mother, tomorrow I won't come.' I said. 'Why, what's the



matter?' 'Tomorrow I am getting married.' I said, 'You are getting married and all the time you are with Me?' He said, 'I enjoyed being with you very much.' "You see, even when I went there, they took Me to the conference so fast. There was no time in between.. and when I came to the airport also they came. They had tears in their eyes. They were very loving , very nice people. They have suffered a lot."

But here in Hong Kong, "you have been all right.... You have to be connected to the mains... If you are not connected to the main tree, how will you prosper? I know who's who, what they are doing, what is wrong with them. I know all about them.. So we have to spread Sahaja Yoga."

Some people who are very important are able to recognize Me. "In India, one home minister, he has tremendous respect for Me. He came to My house and he got his Realization."

### **Muslims in Sahaja Yoga**

We have a lot of Muslims now in Sahaja Yoga in India.

You will be very happy to know that there are countries in Africa called Benin and Ivory Coast, "seven countries ruled by French. They all were Muslims" and many of them have now become Sahaja Yogis. So far there are twenty thousand Sahaja

Yogis in these countries alone "and there will be many more... Even the president of the Ivory Coast is a Sahaja Yogi...

"Things are working out in so many countries. This is the time people are seeking the truth. They want to have the truth. That's how in every place, in every country, Sahaja Yoga is spreading very fast now.

"In Nigeria, I was surprised how things are working out. Anywhere you go, people are now fed up with falsehood. In every religion I have found that somehow they have created some falsehood and created groups."

There's a "nice book by Javed Khan, The Koran Enlightened.... What they are saying, that this Koran is Kundalini Awakening. Now all of you have got it...

"But thank God, I went to America and the war was over very fast..... But it has shook the whole world. I must say, Thank God now, the war is over. People have to suffer the after-effects of that war."

### **Sustained by you**

"I have seen people, even in Sahaja Yoga, become very fanatic. Fanaticism- we are against it. We are free people. We have Self Realization, which is a birth by your Spirit and you are not bound by anything. You will never do wrong things. All bad things will drop out automatically.

You don't have to be told. 'Don't do this, don't do that.'

"After some time, I have seen all Sahaja Yogis become all right and they come to their senses. Even those people who have left, I am sure, will come back because, you see, after all, there is Kundalini. She is sitting there. She'll rise all the time, correcting them..."

"I am very happy to see that in Hong Kong, also, Sahaja Yoga is sustained by you and I am sure it will grow, especially in China... You have to do a lot for China and work it out because this is the message of Tao.

"This is not something, I would say, absolutely new." Only thing what I have done is to make it en masse, a mass movement. "That's what it is. It is the same.

"All these great Sufis, all these great saints, incarnations, all of them have said the same thing. 'Seek yourself, find yourself, know yourself.' All of them have

said the same thing. It's nothing new that I am saying..."

"So it is something we have to work out. Talk to people, tell them... I was surprised when we were coming by Cathay [Pacific Airways]. Avinash started talking to the air hostess and to other people. They all came to Me, one by one. They said, 'You are a very powerful person,' this, that. They all got their Self Realization.

"That's how it's going to spread. We have to tell everybody, tell everyone and not to feel shy about it. These guru people I have seen. They go on talking about their gurus.. We should also talk and tell people about it. This is the truth. You have to know the truth...."

"Of course, there are people who have been criticizing. It's all right. It's all falsehood. It will all go away.

"I am very happy to see you all here. So thank you very much again and again."

## My Heartfelt Kowtow

(A Sahaja Yogini From Hong-Kong)

**Thank the Divine.** It is out of my expectation to have such a blessing to see the Holy Mother in person in Hong Kong and enjoy Her boundless love.

The encounter has transformed me from an ordinary woman to a Sahaja Yogi.

Just for a period of several days, I have found miraculous changes in life. My heart seems opened up all of a sudden and I have a very strong desire to share with others this boundless joy and love. Before that, I used to be an introvert and did not like to talk much. It is Mother who gave me a second life and made me fully understand that the Divine chose us not for our individual blessings, but to spread out this love for others.

The long quest for the meaning of life eventually ended up with an answer. Everything comes in such a natural, living way and I have done nothing for it. It just happened as a result of a pure heart of desire.

My first encounter with Mother was receiving Her at the airport. We waited with an extremely reverent mind. Suddenly, She appeared in front of us with the most beautiful and touching smile.

I do not know whether it was out of the

strong emotions or gratitude that tears dropped non-stop like beads falling from a broken thread. Later, I realized that lots of yogis had the same experience.

The Hong Kong collective even allowed someone as new as a baby, like me, to be so close to Mother. It was my luck to get to know a group of dynamic and compassionate yogis.

I remembered the first time we meditated. It was very quick for me to feel the kundalini up onto the top of the head. In my belly, there was strong churning but it gradually subsided. As such, all problems, as well as the chakra and nadi imbalances were treated and cleared all together, gracefully. I felt the cool breeze on the head and my hands, as well as the infinite joy. Everything around turned infinitely beautiful.

Before that, members of my family brought back bits and pieces of knowledge on Sahaja Yoga. My knowledge is merely skin deep. I did not even know the basic techniques. Yet, simply, by the heart, to surrender and seek the truth, as well as the love from Mother, I did nothing. I got cleansed.

This experience is totally beyond words.



On the third night, after 10 pm, the unfurnished hotel function room was filled up by the holy yogis and some lovely children. We all sat down, got into meditation.

Not long after, Mother appeared at the door with a charming smile. We all greeted Her with hands folded in namaskar to show deep respect. At that moment, the feeling of gratitude rushed out from my heart again. Her touching smile deeply moved everyone there.

Mother made an hour-long speech. I listened with great awe, like a child, watching Her face without turning my eyes. Though I could only understand twenty percent, I could feel the strong vibrations from Mother spreading to every one of us.

It is Mother who saves us from the disturbed mind and uplifts and corrects us. Such an indescribable feeling of gratitude

could not be stopped. I only feel I have received, just overwhelmingly, too much.

Then Mother gave each Hong Kong yogi a ring as a gift. It turned out to be the first time She did that. It was also my first time in life to bow and do my heartfelt kowtow to Mother. Right at the moment, a strong desire to surrender spontaneously rose.

May everyone enjoy this nicest blessing on Earth.

After that, Florence played the Chinese traditional instrument, the zhang. The music was enjoyable, sometimes as soft as water in a small stream, sometimes dashing with great enthusiasm, thus manifesting the depth of Chinese culture.

Finally, we sang in praise of Mother. Though I did not know the songs, I tried to follow and enjoyed the beauty of oneness and unity.

What a feeling beyond words!

# T H E D I V I N E C O O L B R E E Z E

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*Please send your experiences, miracle photographs and artwork to:*

**THE DIVINE COOL BREEZE**

C/o Sahaja Yoga Temple

C - 17, Qutub Institutional Area

New Delhi - 110016







If there is no contentment (Samadhan) in Sahaja yoga then it is useless. Where ever we are Mother is with us. In the State of Connection, where ever you are Mother is there. When you realize this only then you will be considered as Sahajayogi.

*(Her Holiness Mataji Shri Nirmala Devi)*