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# The Divine Cool Breeze



I bless you all to do this work, which was left half done by the saints. It is your duty to complete it.

Her Holiness Mataji Shri Nirmala Devi





- 1 TALK TO GROOMS, SHRI GANESHA PUJA
- 5 TALK TO BRIDES, SHRI GANESHA PUJA
- 9 SHRI GANESHA PUJA — 2002
- 13 NAVRATRI PUJA — 2002
- 25 DIWALI PUJA — 2002
- 32 LETTER FROM SHRI MATAJI
- 34 TALK AT KINGSTON — 11-06-1980
- 46 SPIRIT LIKE THE SUN
- 49 ESTONIA WITH LOVE

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

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## Talk to Grooms, Shri Ganesha Puja

15th September, 2002, Cabella Ligure

*(Pravachana of Her Holiness Mataji Shri Nirmala Devi)*



I'm very happy that you all have decided to marry in Sahaja Yoga, but there are certain responsibilities which you must have. It's not like other marriages that today you marry, tomorrow you divorce, then do this, do that - nothing of the kind. You are marrying in Sahaja Yoga because we want to strengthen Sahaja Yoga. You'll have wife. She'll look after you. She'll be kind to you. She'll be loving you because she's a Sahaja Yogini. And you also should be very kind to her. Don't try to dominate her. Don't try to assert your ideas. See what she wants. You must know how to love your wife, otherwise marriages are not possible.

But once you divorce in Sahaja Yoga, we will never marry you again. This we have decided now. Or in any way, if you desert your wife or leave her or do

something irresponsible about your marriage, in Sahaja Yoga you have no place. So once for all now, only you decide that you are marrying. It's a very, very big responsibility. We want Sahaja Yoga marriages to be very successful and all of you should enjoy a very happy married life. No use dominating, no use controlling, but enjoying each other's company because your wife is also Sahaja Yogini, you're also a Sahaja Yogi and we don't marry you unless and until you are Sahaja Yogis. The reason is we are enlightened people. We are of higher awareness. We have our spiritual life. We have to show in our lives how you behave very much differently from others who are stupid people, who go on fighting, spoiling everything, so that you will have nice children. Look after your children, look after your family. That's your first thing. Of course, some of you will be very busy with your work. It's all right. But loving the wife, looking after her, looking after children is very important, otherwise you should become bachelor, you should not marry. But if you are marrying, you are taking the responsibility of the wife. She is the daughter of somebody and the father is giving the daughter to you.

So far boys have behaved very well in Sahaja Yoga, I must say, and so now you should also have wisdom and

understanding that you are here to produce Sahaja Yogi children to help with Sahaja Yoga because we have to change the world. It's to be emancipated. If you have very lower level of understanding of marriage, it won't work out. So I have to make a very great respect. With great respect, I have to make a very humble, I should say, request to you that please, please, if you are entering into a married life in Sahaja Yoga, you have to understand your responsibility. It's a very great responsibility. It's a responsibility for the whole world because we have to change the whole world and if you behave like other husbands of your country or of other countries, then what's the use of marrying in Sahaja Yoga? You can go and have a nice marriage outside. But if you are marrying in Sahaja Yoga, you have to know it's a big battle against evil, against injustice and also against all kind of mismanagements. We want to make a beautiful world and to make a beautiful world, we need people who are beautiful, who themselves respect everyone.

So I have to make again and again same request to you, that you be very good, humble and respecting husbands. Don't follow others because I've had funny things and I was surprised how

could these people become like this in marriages in Sahaja Yoga! But we found out they all were mad, lunatics and they all behaved in a lunatic manner. So aggression and all these things are not allowed. You are marrying this girl specially for the benefit of the whole world, not only yourself, not only your children, your family, but the whole world. Before the whole world you have to show that you are a very sensible, wise and highly evolved person. This is not a marriage of lower type of people. So it's a responsibility with you to show that you are very mature and that you have that feeling of enlightenment within you and you are enlightened people and you can enlighten the whole world.

Of course, because the wife is coming from another family, another country maybe, so there will be little difference of understanding. So you make her understand. You have to talk to her. You have to tell her, 'All right, come along, sit down.' But no use losing temper and getting angry. Whatever explanation you may give for that, it's not good. It's not going to help you.

I want to see all of you, how you show successfully that you're very nicely married to your wives.

But I don't say you spoil them, by no means. I already told them, don't have to spoil them, but let them also be

on the good lines of Sahaj Yoga and become good volunteers of Sahaja Yoga. They'll be very good mothers and they'll create those children which we want now, who will completely change this world. So I hope you agree with Me and if you agree, well and good. If you don't agree, even now you can leave and you can give up. I will not mind at all. But after marriage, if you try to misbehave or if you try to divorce something, we have no place in Sahaja Yoga. We'll not have you here.

So are you all accepting it? All right! Whosoever is not accepting, raise your hand. Thank you very much. I'm very happy to know this. So you have to be wiser and you have to explain to your wife, 'See now, this is this. This is this.' And let them see that you are intellectually higher, not only that, but you are very wise. Spiritually you understand and then they will listen to you. Be kind. Be nice. They are leaving their parents. They're leaving their families. They're leaving their countries also, some of them. So be very kind and gentle with them and don't get angry for anything at all. There's no need to get angry at all. All My life I've never been angry. So that shows unnecessarily people are angry. There's no need. Just keep quiet. If you don't like something, keep quiet, but don't show your temper

or anger. You have to show that you're wise, dignified people. I've seen some husbands throwing things, shouting, doing all kinds of things. Then how can the wife have respect for you unless and until you're respectable. You have to be respectable people. You be kind to her, nice to her. I'm not saying you spoil them, not at all. If you think something is wrong, then let her sit down, you sit down and explain to her that this won't be good from Sahaja Yoga point of view. All right! So I wanted all of you to wait and it's all these years you have

grown up now. You understand what is the purpose of your life. Thank you very much. May God bless you.

[The grooms tell the names of their countries:]

... See, it's global. We are all global and we should show our sense of universal understanding, how we understand and enjoy everyone from every place, from every country. They're all our brothers and sisters. All right? Thank you very much. Thank You.





## Talk to Brides, Shri Ganesha Puja

*15th September, 2002, Cabella Ligure*

I'm very happy to see you all in such beautiful dresses ... and also in a good mood to get married. You must keep up your attitude, all right? You should be happy people and try to keep your husbands also happy. Your happiness can create happiness for the children.

Now one thing I want to warn you, not to tell your husband about anything which was wrong in your past life. That's not to be talked of. There's no need because you are now Sahaja Yogis. You are changed people and whatever has happened has happened. You need not talk about it or tell him anything about

it, but talk of the future and the present, all right?

So be sensible. It's your sensibility

which is going to make a happy married life. If you become insensible, if there's no wisdom, then marriages will fail. Some girls I've seen dominate their husbands too much. There is no need to dominate. If you love the husband, that's how the domination is. The best way is to love your husband, look after him, do whatever is needed because no



need showing off that you are from a better society or a better culture or a better family background. It's only you who can show that you are really a

good person and your goodness will win him over. So it's only the wife who makes or spoils the marriage and I have to tell you very frankly that if you still have some doubts about your marriage or if you're still thinking this was not a good match, you should withdraw now and later on you should not go on finding faults with your husband. You see, men are men and women are women. Men cannot be women, but you can make them understand that women are to be respected. All right? And how? That you'll have to see by your behaviour. If your behaviour is good, they'll respect you, but if your behaviour is childish or if your behaviour is aggressive, no man can appreciate a woman who is aggressive and so you should not be aggressive. Whatever he says, you should agree and listen to him. Fundamental things, of course, is there, but otherwise, for small, small things, you should not try to dominate your husband. It's not the sign of a Sahaja Yogini. A Sahaja Yogini has to, with love and understanding and wisdom, win over the husband and not by domination. This is one thing we should understand, that many marriages are broken because of domination. Second thing is, you are naturally attached to your parents, attached to your family, attached to your country. But now forget

it. Be attached to your husband's family, husband and things around. Because if you are attached to your family, you will still spoil the relationship.

I've known many couples being broken because of this. There was a girl who was very much worried about her father because he lost the business and she made the whole life miserable. So the husband disappeared and he wanted to do something else and she was left in the lurch and she had to go to her father and then she realized how difficult it is to live in father's house.

So it's your house, it's your home, it's your husband. All right, you don't have to, sort of, go on searching another person or another woman who'll help you. It's you who can help yourself, all right? Because now we have very bad experiences of some girls who have left their husbands and come away to their families with the children. Is the family going to look after them all their lives? Who is going to look after them?

So use your brains and don't try to show off that you are something superior or something higher or you're something more. Say something - you should be humble. The humbler you are, the better it is. Otherwise, arrogance doesn't behave a woman. She doesn't look nice. She looks like a horse sometimes, and looks like, I don't know

like what! So it is better to be humble and to be kind and to be nice and to prove that you are a good natured person - all right?

Second thing I have to tell you because you are from the West. So Western women are very much money-oriented. Even the Indians have become like that. They want a car. They want a house. They want this. They want that. You shouldn't want anything. You are going to supply to your husband, to your family. You don't need anything. That's your beauty. That's your decoration and that will beautify you. But if you go on hankering after 'I want this. I want that,' there's no end to it, specially with Western mind. They're very money-oriented and have created such problems. Actually, I don't know what to say to them.

So second thing is that you should not be money-oriented, but you should be love-oriented. Express your love by different things, by making a good food, by making a good bed for your husband, for organizing the house, keeping everything nice. Because if the housewife is untidy, the house will remain untidy. It's not the job of the husband to look after the house. You'll enjoy a very beautiful house and a very beautiful room if you keep it properly. So you should enjoy all that. Enjoy

doing everything for the family, specially for your husband. Little, little things can, you see, give him pleasure and happiness because he's so tired working in the office, coming home so tired and then you get after that person. It's very wrong.

So you must change that attitude, that 'We don't want anything. We have everything. We are Sahaja Yogis. We are absolutely satisfied.' But if you go on demanding, then it is going to be very difficult, I can tell you this much. I've had very, very bad experiences of some girls. Say from Austria recently, three girls went away back to Austria - shameful. Is there anybody from Austria here? No - thank God. You are from Austria. Now be careful. You see, these three girls have come back with the children and the husband is so dominated that he has to go to the father's house every Saturday, Sunday. He's spending all that money in going down. That doesn't show any wisdom, any wisdom. You see, the housewife not only makes the family grow, but brings good name and understanding. There's nothing to suffer much, but understanding is the point, you see. Supposing if you are wise and something happens, take a very wise attitude, balanced attitude, responsible attitude. Wife has to be much more

responsible than men, as far as the family is concerned, children are concerned. But if you are a hot-tempered woman, God save you and save your husband.

So hot temper is not suitable for any woman. If you are hot-tempered, you'll start looking old very soon. Very soon you'll start looking old. And if you had ego, if you think too much of yourself also, same thing will happen. So best thing is to behave like a little girl who has come to husband's house to love him, to look after him and to mother him. You have to think that you are his mother and he sometimes - they're foolish according to your judgement. It doesn't matter.

So look after them just like your baby and be nice and sweet to them, all right? And none of your family people are more important than your husband.

That is very important for you now, the most important thing is your

husband. This is a Sahaja style of marriage. You can have other marriages, you can have ten marriages, that's different - not in Sahaja Yoga. And once you are divorced, then we don't marry you. We have given up. We've tried that. Now we don't do that because it becomes a habit of divorcing your husband. Once you are married, you should be all married and if you want to divorce, then know for this thing, that we'll have nothing to do with you and you'll be thrown away from Sahaja Yoga. We want to have very good marriages and very good children, also the progeny. The future of children would be very good if you are sensible, wise, good and kind mothers.

I've told you sufficiently. I hope you understand that you're marrying in Sahaja Yoga and you have to keep the prestige of Sahaja Yoga, all right? You all promise that?

May God bless you.

# Shri Ganesha Puja — 2002

*Frankfurt Germany*

*(Pravachana of Param Pujya Mataji Shri Nirmala Devi)*



It's so nice to come back after such a long time. And whenever I came, you always had gathered. In a very big hall we met and that's how the Sahaja Yoga started going.

It's very important for you people specially from Germany and Austria. These are the people who were in the war. And now you are in the war, with Me. We have to fight, fight the evil. You know how the world is. We have to fight them and we have to take them out of ignorance.

You are such a support for this because we have to change human beings. They have to become good people very fast. Once they get their Self Realization, the change will start.

Now in England and also in Italy, what they're doing is to give Realization to the people on the streets. Giving on the streets, thousands of people now have become realized souls. It's a very big thing because once you get your Realization, you become the spirit and all the goodness should come to you. If there is anything evil, bad in you, that will go away.

It's spreading so fast everywhere and should spread also in those countries who are there. There's no need, no need for you to fight or quarrel because you have got the divine help. You have got all the help all the time, all the time from the

Divine, and this is what is to be understood that we are helped by the Divine to transform human beings into something greater.

That's what we are and we are here because I wanted to tell people that you must have a place, an Ashram for Sahaja Yoga and I don't want anybody else, but only Sahaja Yogis there because we don't know how dirty people are ... , what filth they do! You can't imagine to what limit they can go and can really try to harm you because they're not only negative, but they are also sometimes satanic and they'll try to ruin your children, ruin your families, do all kinds of things. So you have nothing to do with them. Keep away. Keep aloof because now you all have been cleansed. Those people who are cleansed, don't mix up with people who are muddy - do they? - and so must have this much of wisdom in your head to understand that at any cost you will not mix up Sahaja Yoga with other things. It's very important to know that - I have been trying to tell this since long - that keep yourself aloof. But sometimes people don't do it and then they suffer a lot.

We have all kinds of devils around, all kinds of satanic forces, acting as some sort of a obstruction. I don't know what they are doing, but they've done no good to people, no

good, no good at all. Just see what is going on in these days - all kinds of fighting, quarrelling, killing. All this is going on, so you must know we are in the very, very bad type of Kali Yuga and we have to fight it out collectively. Look at the children, how collective they are! You all have to be collective and you must love all the people, all the Sahaja Yogis who are around. Don't try to find faults with them. Don't try to fight with them because it's a very important work I am doing.

What I'm trying to do is to transform people, to make them good people, nice people. It's not to get anything out of them, but to give them something that they should become very good people. We have to have extremely good and nice people, people who don't hate, people who don't have greed. Like madness, people have greed. In countries where they could make money, they have cheated everyone and have made money and that is how their children will suffer. They will suffer. So My intention is for all of you because you can help Me in this great war, war with the evil.

These are evil people by temperament and they want to ruin it. You must understand this. Don't play into their hands and you become solid because you have not come on this Earth to collect things and all that, but you

have come here to become Sahaja Yogis of a very great order.

Another thing is *if you don't feel your joy within yourself, if there is no joy within you, you will trouble others. So best thing for you is to meditate, not to criticize, not to use your brain, but meditate. By meditation, you will know how to enjoy Sahaja Yoga, how to enjoy others. This has to be there and this mental activity should go away. Don't try to organize others. Don't try to give lectures to others, but what you do is to yourself introspect. See for yourself what's wrong with you and what wrong things you are doing...*

...children, please keep quiet. All right? If you don't keep quiet, we'll take you away. I don't want you to go. All right?

Here also. After all, you see, these children are German children, so naturally, in Italy they know to be boisterous. That's why I called them here ... they'll be good children, very good children, won't you?.

So not only being peaceful is everything - no. Not only being good is enough, all right, but you have to make others - you have to make others good people. You have to make them beautiful people. You have to make this world beautiful through your own help and through your attention.

Now the problem is that people take to wrong things very easily even after Sahaja Yoga. Don't support anyone like that. On the contrary, explain to that person that Sahaja Yoga is a collective activity. We can't have our own anything. We have to be active. We have to be together all the time. Togetherness is very important and then to seek joy of that togetherness. If you can feel the joy of togetherness, you have achieved that aim of life because then you'll gather other people also and give them this joy of being the spirit. Once they become the spirit, it starts changing. But if you are collective and if you are together and you do all the things, then also you grow very much.

Now those who talk of separating, having some sort of a mad idea, please don't listen to them. You better check. Sometimes we have to be together. We cannot - we cannot separate. And anything like this will be destroyed. Because in this world, you see, how the world is, how the things are and how it is working out.

So for you to understand the beauty of modern times, is that you are born in a time when you can be transformed. You are born in a time when you can become the Self, the spirit. Everybody has tried this. Nothing has worked out. Now, with the help of your kundalini, we are working it out.

You also know what is to be done. You know how to give Realization, how to see the vibrations, everything and once you start seeing that, then you will realize that what you were doing was a great harm to humanity.

Now I leave upon you, all of you - you are such sensible, good people, you have come to Sahaja Yoga and every time I came here, you were all here. I'm happy so many countries are here. Only just knowing that I am coming, how much you all just love Me! I tell you, really, it's remarkable. All of you people have shown your love. All of you have come here all the way, I am here for such a short time.

So may God bless you all and have sense. Have sense in your head that you are now responsible for transforming this world into a new world of very good people, spiritual people.

So your responsibility is that and, as a result, what you have to do, you will know. You all have to be very responsible. Whatever country you may come, whatever place you may come, but you have to be very, very responsible - responsible people - and try to understand what you are doing for Sahaja Yoga.

I can see so many new faces now. I'm happy to see them. Of course most of the Austrians I have met and ... the

Germans I met before, but I see also other people from other countries - very sweet of them to help them.

So what is important is to surrender, which is a problem with people. They cannot surrender themselves to Sahaja Yoga. That's what is your life. That is the beautiful reward of goodness.

*So you should try to surrender and if you cannot surrender, then there's something wrong with you. Please try to surrender and you'll be surprised that, with this surrendering only, you can get complete joy, happiness and peace. That is very important and that's what I have come to tell you, that please try to surrender. And surrendering is - I cannot say how you force yourself, but you just go into thoughtless awareness. You meditate and go into thoughtless awareness and then I'm sure, with all My love and with all My blessings, I'm sure you will surrender - not only surrender, but you will develop tremendous powers to convert others also, to transform others into this good work. You all have that and, if you just develop and try to find out how many people you have helped really in life to change.*

Thank you very much.





## Navaratri Puja

*27th October, 2002, Los Angeles*

*(Pravachana of Param Pujya Mataji Shri Nirmala Devi)*

Today we are going to worship the Goddess. That's the - first the left side programmings with Her, but later on at Sahasrara, She is the Adi Shakti. And on the left side whatever She does is already written as you must have seen because She is the memory and that She is the wisdom. And that She protects is shown when She uses Her power over the ganas.

There are ganas that are, as we know, responsible for all kinds of corrections in you. These are the ganas which act through the left side. As we know very well that cancer is caused by the problems of the left side. And on the left side are these ganas, which are completely in unison with the Devi's powers. She doesn't have to tell them. She doesn't have to guide them. They are already built up like that. And these ganas are the ones which, I should say, target. They target the diseases and cure it.

We have cured many cancer patients and many left-sided people through the ganas.

But ganas won't listen to anybody else. And Ganapati is their leader, I should say, their controller.

So if your Ganapati is all right, then problems are less. But if the Ganapati is not all right, then all kinds of problems can come up and they can torture you. This is one of the things I am so particular about, that we must get our Ganeshas correct.

The other day, I received a big envelope with letters saying that 'Mother, difficult to control ganas.' But difficult to control Ganapati itself. So what should we do? We get into traumas.

A simple thing is that at such a point when you are in a trauma and when you cannot overcome this effect of the Ganapati, then what you should do is to meditate. Meditation is the only way you can overcome ganas.

First of all is the upbringing of the children and then atmosphere as it exists. With these two important factors, you can do well with the ganas. The problem is that human beings get lost and they don't look after their Ganapati.

So as you worship the Goddess, you are also worshipping Shri Ganesh, who is the power behind Her.

The greatest power that is belonging to the Mother is your protection - protection from all kinds of things. All the left-hand side protections are there. They are described, as you must have learned, in the Devi

Mahatmayam, whatever protections She gives you. So tremendous is Her protecting power and this protecting power gives you understanding how kind She is and how, I should say, how very, very protective of you, extremely protective. She'll guide you all the time that you should be protected - on the left side. And through Her ganas, She looks after you. But on the right side also - those who are on the right side, the Goddess puts Her powers to put you right, to bring you back to normal conditions, to humble you down and make you understand that you are a child of the Mother and you have to behave like a child.

But if you go to extremes, then you develop all kinds of complications of the right side also, as you develop on the left side. And the right side problems these days are very, very common, which I've seen people cannot get over. So many diseases like Alzheimer's and other diseases come up later on. First it starts with the liver. The liver is the main point, as we fall into the trap of the liver. If you are thinking too much, if you are futuristic, if you are aggressive, then liver goes out. Because you use liver's power to do all that. And when your liver's power is over, you're finished with liver power, you can develop so many diseases, so many troubles that you cannot overcome. It's very difficult.

Of course with Sahaja Yoga, so many people's liver has been cured - so many

people. And it has been doing wonderful work as far as the liver is concerned. But one should humble down and try to keep the liver all right. So the protection is also built in your body by ganas on the left-hand side and by reactions on the right-hand side. But the greatest thing is the blessings of the Goddess, the way She looks after you, the way She loves you and the way She cares for you, which you should never take it for granted.

*You must meditate. You must meditate. It's very important. No question - without meditation you can keep yourself all right.* There's no question. Meditation is the most important thing, which must be followed because that's how you come close to Her vibrations, come to Her, I should say, to Her nature. Even animals are so sensitive to Mother, very sensitive to vibrations. Animals are, but human beings have their own understanding, have their own freedom, have their so-called intelligence and they fall in the trap of it. They follow things which they should not.

So what is necessary very much in the country like America is the devotion and bhakti. These two things are not there. Indians take to Sahaja Yoga and go deep down into it because they know what is bhakti, what is devotion. All this ego and all that melts away. But this bhakti is to be enjoyed.

I don't know how to create bhakti

within. That I can't say. But I've seen people with bhakti. They have achieved great heights, though it's a left-side movement. With the left-side movement, they have achieved great heights. I don't know how the bhakti and shraddha has helped them so much.

In this, I must say, Indians are the best because they have this power of bhakti and of shraddha. It's not madness. It's not madness, as they have here. I have seen people who get into some sort of a cult or something. They go mad. It's not madness. Bhakti is love and love which is understanding, which understands what is bhakti and shraddha. Unless and until you develop that bhakti and shraddha within you, you cannot rise. You cannot rise above your problems. You cannot rise above your personality because bhakti is something you cannot impose on anyone. You can not force on anybody. You can make somebody mad and say that he can do bhakti. He can. You have to have all your qualities absolutely intact. You should be intelligent. You should be understanding. Everything should be there. But at that time, this - the joy of bhakti is within you. And this joy of bhakti, when it starts flowing, Goddess Herself enters into your being, I should say.

I've seen people, bhaktas, many great saints in India, who achieve lot of heights. They're gone too far into it and, if you read about them and if you understand them,

you're amazed how, without any help, without any guidance, how could they go that deep and worship Devi.

Worshipping is not just out of sheer reading or some sort of a chanting or anything, but it's the deep attention of your heart. I think it's spirit. If the spirit is awakened within you, you develop the bhakti and drop out all nonsensical ideas, all different things that have crawled into your head. But you just develop the bhakti.

Now all these qualities described of the Devi are left-sided, are in the brain - memory, 'Smriti rupena samsthita', other things also, whatever, are described are in the brain and then the bhakti reaches the state, it just neutralizes everything. All the problems of the brain are neutralized and you become a wise person.

So the greatest boon of the Devi is to give you wisdom. You can call it awareness. You can call it anything. It's a kind of a wisdom by which you become absolutely a divine personality. That wisdom you must reach through your bhakti. But you see, we have people of all kinds. Some are very much in the shraddha, in the bhakti, in the devotion, but they are wrongly placed and they don't understand to whom we should worship and where we should go.

Now Sahaja Yoga is an actualization. Sahaja Yoga is a sakshatkar, is actualization in which you know whom to worship and whom to surrender. It's not blind in any way.

Whatever is the blind bhakti can take you to any kind of nonsense and that's how many cults have come up, many of these things have come up. But that's not a thing that sees, that knows, that understands. It should be understood by your intelligence, by all your qualities, what is your bhakti's life.

Now we have through kundalini awakening reached a very great height, I must say, of understanding of bhakti, the power of bhakti. The greatest power of bhakti is that it protects you. It protects you. Those people who are suffering from any kind of trouble, any kind of a problem, just get out of it because this bhakti of yours gives you the right type of understanding, the understanding of yourself, also the understanding of surroundings, understanding of the whole universe, I should say. Why people behave like this, why they are like this - all these can be solved through your bhakti. It should not be blind. It should not be blind, but it should be wise bhakti, wise with wisdom - only possible through Sahaja Yoga, I think. Otherwise, whatever bhakti people do like mad, that can not be bhakti. You don't become mad. You become a wise man - wise man, as we have so many in the past. And the way they have talked about everything is surprising. How they have said things about human awareness, about your ascent is remarkable. As I some times I feel, they have really prepared the field for Me, a proper area

for Me to talk to people. Specially in India, I don't know why traditionally we are very much devoted.

In the same way, all over it should happen. Because in India, of course, there are mad people also. There are cults. There are all kinds of things, no doubt. But actually there, we have saints who have guided us very well. Despite that, you find that in India, people are going astray, doing wrong things and wrong type of worship. It's true, no doubt, but it is, I should say, just the wipe (disgrace).

It's a funny type of a madness where there is no wisdom. What is between a mad and a sane person is that mad person has no wisdom. And those who have also so-called wisdom, so they say that 'we are very wise' are sadly mistaken. Because the way they behave, the way they commit mistakes, the way their whole attention is, I should say, the whole working is, sometimes surprising because they have no wisdom. First of all is to test yourself and see 'Am I wise? Am I wise? Am I doing wise things or I'm not doing?'

So many complaints come to Me about Sahaja Yogis. I'm surprised why, why are they doing like that? I would say still they have not reached the state of bhakti. Bhakti and shraddha, these two things are missing in the Western life, I must say. We should come back. We should develop. We should grow. But even in the Eastern life,

now it's missing. For them, the ideal is now the Western life.

Once you take to Western life, that part is over because the whole thing is judged with ideas, what is beneficial, what is helpful in life. But bhakti and shraddha, according to them, is of no use. That doesn't help. Most of the people nowadays think like that. But you are very few who have understood what is bhakti and what is shraddha.

So I would say the Goddess gives you bhakti and shraddha. By what? She gives you through your meditation, that you see so many miracles happening around and you are amazed how this has happened! 'We never expected this to happen! How it has happened? How it has worked out?' Also She corrects you. All the time you - if you are aware - She corrects you and tells you don't go this way. You are going on the ego side or She tells you, you are going on the left side. She's the one who corrects throughout. **We get into diseases and all kinds of - we are trapped into all kinds of things. It is because - because we don't have bhakti.** In the bhakti, you have to depend on the wisdom of the Mother, wisdom of the Shakti, that She looks after you, she finds you out the way and She will help you. If you start becoming on your own and thinking that 'I'm all right, I can do this, I can do that,' you'll find inevitably that you are wrong; that you had a very wrong idea

about yourself and about the Divine.

- So what is the most important point is surrender. The word Islam means surrender. But Mohammed-saheb has described what you should have before surrender is your Realization. But you have seen even after Realization people take time to settle down. But once you are settled down, you understand that you are under a protection of the Goddess, that you see every day how it works and how it helps you. *Many people who are in Sahaja Yoga, so-called, have great respect for Me, but are not fully there. Then they suffer and they have problems and then they ask Me, 'Mother, how is it I have this problem?'* I don't tell them because you can't tell anything to human beings, you see. They are very aggressive. But *the fact is because - because you are not one with the Divine and, with the Divine, if you are one, you'll have nothing but compassion and love, nothing else. And everything you do so smoothly, so nicely. People may not understand that they crucified Christ. They did all kinds of things, agreed. But now you should ask for the protection of the Goddess because that is the greatest quality of the Goddess that She protects you from all problems, from all troubles, from all kinds of nonsensical, I should say, things that can happen.*

There are so many things that happen. I tell you I was told that one of the leaders,

a Sahaja Yogs was killed. I said not possible. And the fellow was in Rome, he was not killed. So it's not possible that a young man should be killed like that. Ofcourse, if somebody is old, He has to die. But that he was killed was not a right thing.

So it is the protection - not only physical, mental, emotional - but spiritual protection also.

Spiritual protection is that what you do is that you don't do wrong things. You don't kill anybody, you don't torture anybody, you are not rude to anybody. That is the situation into which you all can enter because you are Sahaja Yogis. You can achieve it. You have a power to do it because you have so much shraddha and so much understanding that you have reached a certain state of protection, of growth, of wisdom. Now, first test your wisdom. You must test your wisdom. 'If I'm doing this, this is this way, is it good, why I'm doing it.' First test your wisdom, then you will find out that many things you do, which are wrong, which should not have been done. But first your wisdom must develop and you must see that your wisdom works and helps.

I have seen now yesterday's drama. You must have seen that girl. She is very sensitive and she could see through her wisdom what was good.

If you cannot find out what is good and what is bad, that means the wisdom is

lacking. If you cannot find out what you should do, then the wisdom is lacking. But if you have the wisdom, then you will immediately know that this is wrong. Apart from that, you will be saved from all kinds of problems. Is a fact I have seen with so many people like that, who have been saved, not only from death, but from all kinds of catastrophies, all kinds. And I was amazed how these Sahaja Yogis are helped by the Divine.

Divine is a power. Everywhere it exists. But it will only help the people who are Sahaja Yogis, who are divine, not the people who are not. It will never help. On the contrary, it might punish in a way that is never expected. So one has to be careful to test oneself what I call introspection. Have you been wise in dealing with certain person. What has been your style? Is it money-oriented or it is domination-oriented? What sort of a power it was that you are working under.

You have to introspect to find out. And you'll be amazed, very much amazed that, even in the name of God, you can do wrong things. Lots of wrong things have been done in the name of God and that's why today we have such a big chaos of so-called religions. When nothing wrong was with the religion as such and those religious people who talked about it - nothing wrong. But the way people absorbed it and the way people used it was wrong because they

lacked the wisdom. And the wisdom is the thing which really is not just assumption that I am very wise and all that, but it asserts, it works out and it shows what is good and what is bad.

Wisdom is the sign of a person who is really a realized soul of a very high level. If you don't have wisdom, whatever you may do, you might feel satisfied about it, but the wisdom part is very, very important. That is the most governing part within us. And, as you know, Ganesha is the giver of wisdom. That's why Ganesha must be worshipped.

With the proper upbringing, Shri Ganesha is established, who is nothing but the giver of wisdom. And this wisdom is innate. You don't have to judge it. It's innate within us, grown up just like any other qualities in us. It takes time with some people. It takes time, no doubt, but once it comes in, such a person becomes quiet simple and absolutely truthful. He knows about it and this is the thing one should develop, this 'How far am I that'?

You see, in this world, people are protesting for this, protesting for that, fighting for this, doing all kinds of things. But if you have wisdom, then you don't have to do anything of the kind. What happens that automatically people understand that he's a wise man. From ancient times everywhere, a wise man has been praised. He's not worried about his financial side or emotional

side - nothing. What he's worried, 'Am I being a wise person?' That is the first sign of the blessings of God. The one who has blessings of Divine is a wise person, is very wise and his wisdom is shown by his silence. And his whole power, his divine power uses that person as a media and works tremendously. That man himself is surprised how it has happened. A woman can have that. A man can have it. Anybody can have that wisdom, that profoundness, that temperament, which is so beautiful and so empowering.

Such a person doesn't curse anyone, doesn't bother to curse anyone. But it works. He never gets angry with anyone. But it works. He doesn't lose temper, no. But some temper works and harm you, which you never expected. It is within us, within our power as human beings to be wise.

I've seen animals have such a sensitivity to vibrations - extremely sensitive. How? Because their wisdom is intact. It works in them. They're not conscious of it. The difference is human beings are conscious of their wisdom. This is the only difference. Animals have wisdom, but automatic, we should say natural. But we have inculcated this or we have developed this wisdom within us - through what? Through our meditation, through our understanding bhakti and shraddha.

So it is very important to understand

the value of bhakti within us. You can not superficially touch it. Those who are superficial, will never get it. Wisdom only comes through understanding what the wisdom means. You might find somebody extremely wise, maybe your servant, maybe your driver, maybe anyone and you're amazed how such a person can be so wise? Because maybe from his last life he has got it within him or he has gone into it and he found it. It's not the state of one person. It's not the property of one person, but it can belong to many of them.

So the Sahaja Yogi is the one who has to have that wisdom. Why are you doing this? What is the need to do it? They don't have to ask any questions. They just don't do wrong. They just don't do wrong things. They're always on the right path. That is the sign of the Sahaja yogi, I believe, and which is the blessing of the Goddess. If there is the power of the Goddess working in you, you'll have the wisdom to work it out.

Now you have seen many people coming to America, doing all kinds of things. They all have disappeared. There's no support to them. Where are they? They are finished. Because they are money-oriented and power-oriented, I don't know what they were oriented and they have lost it. But for a person who is standing in his wisdom, is the saint, as they call him, is a saint, as they call it. But every Sahaja Yogi could be a saint, could be a sage. Every Sahaja Yogi



could be that. But if you lose your wisdom, you are no good.

So I have to tell you one thing. It is your wisdom which will save you. Your wisdom will unconsciously help you. There was one gentleman, Sahaja Yogi. Once he was going somewhere in the car and suddenly decided to go onto another road, suddenly. And what happened, that on that road there was a very big accident and he would have been in that accident. Like that, there are many incidents people have told Me, that 'Mother, how we were saved, how we were brought to the brink of death and then how we are just alive. It is because the Divine needs you. The Divine doesn't want you to die or to finish off. It needs you very much. It has to do its work and you are the instrument of that Divine. If you have wisdom you are the best instrument for the Divine to work it out.

The Devi's powers, first of all, existed in Her body only and She killed so many rakshasas and evil people- She did kill it actually. But now there is no need because you all are there. You are the instruments and it will all work out in such a way that all those people who are trying to destroy your goodness, trying to destroy wise people, they will be killed, will be finished. They'll be destroyed. This is not to be done through any outside instrument or anything. It's the wisdom. It's the biggest instrument that will work it out. Do you know when I came to

America first, I saw such a horrible thing here, that people were running after that some horrible gurus and I never came after. After nine years I came. As I said, 'These people are mad. How do they follow these horrible people and what do they believe into? They've no wisdom to understand what the truth is like.' It works out now today. You can see there are so many people.

So that is what is the wisdom part and if this wisdom comes to Americans, they'll come to Sahaja Yoga - not only come, but they will grow into it. But the wisdom will be to see 'What are we going to do? What are we going to get? What is our aim?' All these things must be brought to them, which is not done normally. You must talk to them and must tell them what is within you is the spirit. You should become the spirit. Every one of them has said so. So why not do that and why not become the spirit.

So then they will themselves feel, 'Yes, that's true.' It is said that become the spirit. They'll go to church. They'll go to temples. They'll go here, there, not understanding why they are doing it. They need some sort of a protection. That's why they go. But this protection comes from your spiritual status. Where do you stand as far as spirit is concerned?

*Those who have enjoyed the spirit, I've seen, do not deviate from the right path. But those who haven't, they may call themselves Sahaja Yogis, anything,*

*but they can be very wrong.* So first of all find out about yourself, If you are a real Sahaja Yogi, if you really want to be an instrument of this power, then what you have to do is to become full of bhakti and shraddha for that. And this bhakti and shraddha is very joy-giving. I know it. It never makes you tired. It never troubles you, nothing. But it's very nourishing and beautiful. But it should be at the right place, with the right aims and right understanding. For all that, what you need again is wisdom and you should try to find out are you wise enough? Are you wise or are you not? It's very difficult for every human being to find out whether you are right or wrong because you see the effects of this wisdom all around.

So the bhakti and shraddha to the Goddess gives you - definitely gives you wisdom.

We have had some people in India who did lots of bhakti and so-called and showed lots of shraddha, but they were not. Just they were talking about it or doing all kinds of things about it, but they were not.

So wisdom is something - a very innate quality, very innate. It's not superficial. You cannot just say that this person is wise or not. It shows that just like a power - it's a power of understanding and is supported by the power of the Goddess. So She's the giver of wisdom. This is the biggest quality of the Goddess, that She's the giver of wisdom. And wisdom comes as a part of

the evolutionary process. Now She's brought about all the evolutions so far and, to go further, She is going to make you a very wise person.

Even an ordinary sage in a village in a far-fetched place is respected, if he's a real sage. But if he's a stupid fellow, what can you do? He may befool you. He may do all kinds of tricks and things like that. And then does he get anything good for you? No, nothing.

So first thing is anybody who is supposed to be your guru or supposed to be the person who is guiding you, must have bhakti. Bhakti of the goddess - very important to understand. Modern things have come to such a limit that they have respect for the Goddess - no. They don't even talk about the Goddess and they just talk about something which can not be explained and understood. If they talk about Christ, they won't talk about Him. that He's the one who said at the cross, 'Behold the Mother.' What was the need to say that? Because He didn't want His Mother to get into trouble. But He said, 'Behold the Mother.' That means you are for the Mother, who is going to come.

They all have indicated and they have said so. But still, we are busy with our own ego and our own understanding and we run after things which are not real. First of all, you must follow only things which are real, not unreal things. For that also, you will need

wisdom. I think for that you need wisdom very much more. And that is something, whether you have the wisdom first or the blessings of the Mother - you see, between the two.

So I have to tell you one thing that before you people start spreading Sahaja Yoga, please judge yourself. Just see if you are wise? Also see for yourself if you have the blessings of the Mother? Only the wise are the - I mean, I should say, are the people who know whether they have the Mother's blessings or not. For that, we have so many ways of understanding.

*First and foremost thing is meditation and feeling your vibrations on the photograph and facing yourself clearly. If you are a realized soul, are you really a good realized soul or not? Are you deep or not? Are your vibrations working out or not? If you can see that, then you will realize that greater than all ambitions, the greatest is to become a devoted, wise personality. That is the one that will give you the joy. Joy for all Sahaja Yogis. Otherwise, see it is just a human being like others, going about.*

Now the time has come for this to work out. It's a special time, I should say, although quite a lot of struggle for Me, no doubt, but doesn't matter. I know because I've landed Myself in the area where things are not so simple. It doesn't matter. But on the whole, what I feel is you can support

Me very much. You can support my work very much if you have that wisdom. *And the wisdom is to judge yourself - how many people you love, how you love, how you talk to them, what do you want out of them.* All this should come - judge yourself, introspection. *Through introspection you can see it.* So for a Sahaja Yogi, it is important to do introspection.

Second one is meditation. *And third one is to take vibrations.* It's very important. What I find, some of them say, 'Mother, we don't do this, we don't do that.' But why? Why don't do it? 'We do Sahaja work.' *Sahaja work is what? If you are not doing these basic things, how are you a Sahaja Yogi? And then lots of complications come out of them. They also suffer.* I think one has to have again the wisdom to understand what is Sahaja Yoga. No one understands that sometimes and they go on forming a group of people who are not at all understanding what is Sahaja Yoga.

It's a very, very deep personality. *Sahaja Yoga is not just by saying, 'I am a Sahaja Yogi,' but it's a very deep personality,* and that deep personality has to be felt by others as the wise, very wise, not that how much you talk or shout or give lectures is important. *Is with peace, the tranquility, the capacity to love within you are important.* And that's how people

can judge whether you are really blessed by your Mother or not.

So this is one of the things very important and I've come to America just to protect America from problems, because suddenly this has gone into problems. And it was inevitable because they were blind here not to understand what's going wrong and that blindness has brought them to this point where they start seeing their ego specially, which has ruined them. Money-orientation, all this has shown how stupid they have been to believe that they're very rich people and they can do anything they want to with their money and with overpowering of other countries and other people.

*First overpower yourself. You have to know yourself first of all.* What is this

overpowering others? *Those who do not know how to overpower themselves are always miserable, always in trouble because it reacts.* If you try to overpower others, it reacts. For that, you have to be absolutely introspective. Again and again I have been saying this, that introspect.

Of course, I must say so many good Sahaja Yogis have come out now and they have worked it out and they're very good, simple, wise people. It's such a great hope for Me. I never expected I would work it out that good, but it has worked out. And always, always you must know that you have that power within you and they must use that power and not fall a prey into nonsensical ideas.

Thank you very much.

# Diwali Puja

3rd November, 2002, Los Angeles

(Pravachana of Param Pujya Mataji Shri Nirmala Devi)

I wish you all a very, very happy Diwali.

To see all of you here is itself such a joy for Me. That you all have taken to Sahaja Yoga is such a beautiful feeling. It's your own. Self is your own, spirit is your own, but to take to self, it's difficult. It's only your desires I think which is being fulfilled and that's how you have got your Self Realization.

It can not be forced, as you have known very well. It has to work out only with your desire, only with your surrendering. No use talking about it, no use convincing about it - what works out is your desire, simple as that. The power of desire within you, works it out.

There are many who are not here, who have got their Realization all over the world. I remember all of them. And all of you should remember them.

Today is a nice day when we can think of all those who are enlightened

in this world. That's the real Diwali - the enlightenment of human beings. It's not candle. It's not some lamp. It's human beings. If they are enlightened, then there's no problem any more left. The problems come with the people who are not enlightened because they're in the darkness. They're groping in the

darkness and some of them don't know also that they are completely ignorant of realities.

Once you come to Sahaja Yoga and enlighten your Self, you see in that light, what is good and what is bad - to begin with. And then you grow into it beautifully just like these flowers, who are all the time happy,

all the time giving you joy. In the same way, when you are enlightened with that light, you don't seek anything. You have got everything within you. Keep the lights on.

But the another thing you can do is, with your light, you can enlighten other



people. Like we have done here, we had enlightened one candle. With that, we have enlightened all of them.

So you all can do it because you have got that light within you. With that light, you can enlighten others and they can feel the joy of their spirit. It's something to be seen now, like so many lights you have put up. In the same way, you are the lights for the whole world. It's not sufficient that you have got the light, but also you have to give light to others. You have to enlighten others just like these candles. Once you start doing that, you realize what you have got and then you'll respect yourself and you'll behave in a manner that behoves a saint - could be a sage - without proclaiming anything.

Inside your being, you will just develop that beautiful, extremely beautiful temperament that is joy-giving. You don't want to give any false ideas about yourself because whatever is the truth is within you. There's no need to tell something untruth about yourself. People will realize that you are realized souls- They will just feel your subtle nature, the reality, whether you come from India or you come from England or from America, you all have that ocean of love and knowledge within you. Be sure that it's all there, only you first enjoy your own ocean of love. First you enjoy that and then you can enjoy

in others also.

I don't have to tell you that you love each other or anything. You just love. You just understand. You just spread your light among yourselves.

Sometimes you get frustrated with other people in your country, maybe in your city, maybe in your village, that the people who are not yet enlightened. But best thing is to work it out, you have to work it out. Know, I had first one lady, very old lady one, who got her Realization from Me. And then, you all are here. In the same way, you all can also do the job of Realization. For that, you don't need any calculations. You don't need any thanks-giving. It's just there and it works out.

What do you do for a light? Just see. You just put near the candle and you get the light. In the same way, it is your enlightenment is such that it will give light to thousands and thousands of people all over the world. As you know, there're many countries who you have to still approach. But we will do that. Just locate and find out where do you have to go and where you have to work.

Firstly, you are capable of giving Realization. You are. Have confidence that you can give Realization to people, for which you don't need any help. Single person can do it. Thousands can do it. It's very important for the Diwali

of the whole world that we should give Realization to people - very important.

Now in Sahaja Yoga, many people are such who are little frustrated with themselves, specially with their past. Forget the past. Past is not important. What is important is present. At this present moment, what have you to do? You don't have to worry about the past, that 'I've done this, I've done that.' What is done is finished. Now you look out for the future. What can you do for the future? And somehow or other, with the light, you'll see your path. You get rid of all the darkness and you know how far to go, how to meet people and how to spread Sahaja Yoga.

It's something you have already within you, but you have to, first of all, establish your connection with it. If you have established your connection with that ocean that you have, you can definitely work it out, work it out in such a beautiful manner. And you'll be amazed how you'll be successful. The success that you get out of all this ignorance, you are amazed at it. But you have the light. With the light, you do remove all the darkness. Doesn't have to think about it - Just remove it because you have got it. But if you don't have the light, then no use talking about it, no use doing it because it doesn't give any success. On the contrary, it's a failure, failure of the worst type and can be very

dangerous for all of us.

We have had very funny experiences also in this country, but I think they all are learning one by one that this should not have been done, that was wrong. Now what blinds you, you should find out.

In this country, it's such a money oriented country - I mean America is - which has spread all over the world and being money-oriented, you do get enamoured. You do feel that you must make money out of Sahaja Yoga. There are some who do not think like that, but they are still running after making money. *There is no need at all for you to make money or to find for yourself a kind of a security in money. Your security is inbuilt within you.*

So all these outside things, which are absolutely unnecessary, should not blind you. Now, if you have the light, you can see clearly and this help of the Divine, you see that very clearly in your life and you're surprised how the Divine has helped you at different points.

I get letters from people who say 'Mother thank you very much, I got rid of my problem, I got rid of my enemies' - all kinds of things. While I have done nothing. It's your light which has removed the darkness. If you're ignorant, then only the light can remove the darkness of your ignorance also.

Actually, we don't know how

much there is the power of the light. As you can see here, every light is giving such a lot of- not only energy, but also complete picture.

So thus, you can make out. For example, you can make out if somebody's a realized soul or not. It's not necessary that you have to go near that person or take any special care or anything. You will just know that this person is a realized soul or not.

I had many such experiences where I found that people don't know who is a realized soul. It's very surprising. If you know who is a realized soul, then half of your problem is over.

Now the second one is the problem of how to convince that fellow what he's capable of doing. I find that problem also with Sahaja Yogis. They are capable of very great work all over the world. They can find out so many things which normally normal people can not find out. But Sahaja Yogis can immediately find out to what sort of a person they are facing. This is the difference. That means you know the truth - truth about everyone, truth about the whole situation, truth about who is just boasting or just making up a story or some sort of a hypocrisy. It's not difficult because now you have the light. You can see with your light what's wrong or what's good with others. Such a blessing it is for you that you cannot

be cheated because also you're looked after by the Divine, guided all the time by the Divine. Have faith in the Divine. *Have faith in the Divine. That's very important as you have faith in a candle. Have faith that the Divine will give you the light, will guide your path, will take you to the right place, to do the right thing.*

I mean so many of these experiences are with you. I need not tell you how much people have written to Me, how they have found things working out.

Despite all that we are collective, we are nice to each other, we don't tell lies, we don't try to destroy anyone. That means we are much above all human feelings and this is only because of the light. You can see where you are faltering. It's just you see for yourself. For that, I think meditation is the most important thing.

*Every day you should do meditation. Those who do not do meditation are capable of falling down because meditation is like putting oil into the lamp. Those who do not meditate, think they can do without it, are sadly mistaken. They have to meditate morning and evening. The problem is everything comes so handy, so simple that they don't understand that meditation is very important. Not you, but there are many,*



I know, who get Realization, who don't meditate and their style is different. Their nature is different.

*Meditation is such a soothing thing, it is such a beautiful way of connection with the Divine that all your problems get solved in that meditative moment. If you are not meditating, you are not following meditation, then maybe your light will go down. It won't give sufficient light. It's important, very important to find out about yourself, about others in the meditation.*

*How to do meditation, many people ask. Don't do anything, just go into thoughtless awareness. Try to go to the thoughtless awareness. If you can get into that condition of thoughtless awareness, you have done your job because that's the point where you are with the truth, with the reality, with the joy, with everything that is so fundamental.*

When you meditate try not to - not to make some sort of a function out of it - no. Meditation is something silence in yourself, silence in your thoughts and going to that deep ocean which is within you, itself. But supposing you don't do that, if you don't meditate, I can make out immediately those who are meditating and those who are not. It's not difficult for Me.

Those who do not meditate are

always hesitating, they are confused. They can't understand. And that's why meditation is the most important thing in Sahaja Yoga. Just like a light burns with the electricity flowing in it, you can say, or because of the candles. In the same way, meditation is a continuous availability of the Divine force. That will reduce all your apprehensions. Not only that, but takes out all the negative thoughts. It takes out all the discouraging things. And when you are meditating like that, in thoughtless awareness, then you will be amazed how you are helped from within and without. It's a terrible power that works, this thoughtless awareness.

*So those who do not meditate cannot go very much far with advantages of Sahaja Yoga. One should try to meditate and go up to the point of thoughtlessness.*

So what happens to you? If you are in thoughtless awareness, what happens to you is that you get the confidence, complete confidence of Divinity. You know you have that.

I have seen children coming from our school in Dharamshala, extremely confident and extremely humble. I asked them, "What do you do?" They said, "Mother we meditate, we meditate in the school, in the evening," and that meditation helps. Imagine these small children can say that, so why do not you also understand that

Mediation will give you security, that it will give you a real enlightenment and a complete connection with the Divine. *Without the connection of the Divine, what's the use of doing Sahaja Yoga?* I know the people who are meditating, who have gone down into their being and who are very developed. Also I know people who are a little superficial. *Your depth is in thoughtless awareness.* It's a very important point which you should reach. Looking at anything, if you are thoughtlessly aware, then you really become reflective about it. Just works out that way.

I don't know how far you can remain in that condition, but even for a second if you can achieve it, you start achieving it more and more. I've talked so much about meditation before, but today when I see all these candles burning, I think they are all meditating. They are all in meditation and that's how they're burning.

In the same way, Sahaja Yogis who meditate, I know. And those who don't, I know. And if they have problems, I know why the problems are there. *Main thing is your connection with the Divine. It's only possible when you meditate and become thoughtlessly aware.* That's the point where your mind works. It helps. It comes to your help in such a way that you don't know how you have achieved

it.

So thoughtless awareness is the first point all of you should achieve - very important. After that, you can achieve something else, but the first step is thoughtless awareness. It's very important to become thoughtlessly aware because then there are no thoughts coming from the left or the right, from the past or the future. Just in the present you are there.

It's something you all have. It's not that I'm saying that to you, but all of you have this, but steady yourself. You have to steady yourself at thoughtless awareness.

How long - that's not the point. The point is once you've touched it, you'll go on touching it.

Many people meditate, but their thought process is going on. They're not thoughtlessly silent. Now this is the one point which is very important. If you have to grow, you should be absolutely in connection with the Divine through thoughtless awareness. You don't have to pray. You don't have to call anyone - nothing. It just works because it is within you. All these thoughts are bombarding you from both the sides in your mind. These thoughts that are coming to you, have no meaning with you. They do not substantiate you. Yourself, you are an ocean and you have to get into that state of thoughtless awareness.

It is always described in all the great books, but not so clearly as I am telling you. I don't say that some of you do not get thoughtless awareness, so they're good for nothing - no. But please try. You can all get into that state of thoughtless awareness. Even for a second, if you get it, it's a very good idea. Then you go on increasing that second.

I think it's a reflecting mind. When you look at something, you can become thoughtlessly aware and then your mind reflects to the depth of what you see. That's how you all will become really very creative Sahaja Yogis.

What I find that this state of thoughtless awareness is not established by you. It is not good. Today on this day of Diwali, I would say that you enlighten yourself with thoughtless awareness. It is not difficult. It's within you because thoughts are coming from this side and that side and they are not the waves of your brain - no, just your own reactions. But in case you meditate in the real sense of the word, then you'll get into that thoughtless awareness, which is a very important point and all these nonsensical thoughts, which are of no use to you, will disappear. They won't be there and then your growth is possible and you grow very well.

Many people are here who will say, 'Mother, we don't get that state.'

Try. Try that. I don't believe you cannot get it. All of you can get that thought that 'I can get it.' And you will get it. In that, you don't have to discard anything, you don't have to see anything, just go into meditation and you will be amazed how it will work out.

Of course, you are very much there, most of you, but still, I would say, *increase that thoughtless awareness, that area.* Today is very important because of this day of Diwali. Diwali is supposed to be enlightenment day, but enlightenment within is how much you are in thoughtless awareness and everything works out because you are the ocean of it. You have it within yourself. Only you have to tap it. If you don't tap it, then it doesn't work out. You have to just tap it and you will be amazed that you are a source of such joy, source of such happiness, I should say a source of real enlightenment.

*So today's message is that while meditating, go into thoughtless awareness.* No thought is important, because it's your own creation. But if you have to become one with the divine creation, you have to get to that state of thoughtless awareness, minimum of minimum. And that comes to you, gradually it will grow and you'll be amazed how you'll be able to grow into Sahaja Yoga in a very big way.

Thank you very much.

# Letter from Shri Mataji

March, 1982



"Dear Mr. Rahul,

I received a very detailed letter from Damle. It was a very wise step on your part to have met Shri Gagan Gadh Maharaj.

What he says about the miracle of Sahaja Yoga is absolutely true. The reason why this great sanctuary never manifested in reality was that whenever Adishakti descended as incarnation She did not have all the chakras integrated through Sahasrara. The complete harmony and unison merged into an integrated instrument of her personality bringing forth these fantastic results. So much so that I am surprised at myself.

I think he Gagan Gadh Maharaj also cannot imagine the dynamics of this discovery and hence he feels that "Avdhuts" have to be away in the forests and

that Cancer can give you reaction. You have cured the Cancer of Phadke and others. Did it give you any reaction? When you are at a giving end how can you receive anything?

You are reborn as Lotus which does not take anything bad from muddy surroundings but transforms its surroundings with its beauty and fills it with fragrance. This is the magic of a realised soul. Do you think doctors will accept that there exists the Kingdom of God and that it creates us and that the Lord of our autonomous nervous system is our spirit which is the reflection of God? You can quote the names of people like Mr. Bose and Mr. Daftary and Mr. Sharma who are miraculously cured of his colour blindness through Sahaja Yoga. In any case I am going to America next year. One of my dear Sons Dr. Lanjewar has now become the president of the Medical Practitioners Association of New York and is very anxious to have a conference next year in New York. Due to our slavery for so many years, doctors in India have lost the capacity to know that we are the people born on the Yoga Bhumi. Their thinking is so slavish that they think all our ideas about medicine are stupid while western knowledge is very sensible. I bless you with all my heart that Dr. Ramlingam has good vibrations. Shri Rama in him would have wisdom to understand the ways of God Almighty. I send you my love and protection so that you can break the barriers of ignorance of our medical men. Let them know that the time has come for them to accept that science is not everything. It only discovers whatever exists and appears before the gross being. Once we become subtle rising in the fourth dimension, we see the subtle being, the spirit and contentment and **DIVINE** working of this love cannot be done by argument. One has to be realised. One has to evolve through Sahaja Yoga spontaneously as this is a living process.

For cancer best treatment is of water, i.e. putting feet in the river, sea or in the water at home with the photograph. Water has the religion (Dharma) of cleansing and hence Shri **VISHNU** and **DATTATREYA** responsible for the religion (Dharma) of human beings are to be worshipped. They help you to cure and also the local Deity of the chakra that is attacked. Put the patient before the photograph with the candle and his feet in the water, bring down your hands across the sympathetic nervous system towards the water. The patient will cool down gradually. If he gets realization, then he is cured. More in the next.

**YOURS LOVING MOTHER NIRMALA”**

## Talk at Kingston

Kingston, 11-6-1980

*(Pravachan of Her Holiness Mataji Shri Nirmala Devi)*

Today we have gathered here to know something about ourselves. If the knowledge is from the books, all forms of the person who says that he knows about the self, how far will it reach us? It can only go upto mental level and we can only understand it through our mental understanding. The mental understanding comes to us through our rationality, through our intellect which in itself is a limited thing. So we enter into another understanding which is still very limited. For example, if I tell you that there is a self within us, in our heart which resides and that there is a power within us which is all the time waiting for an occasion to give you your second birth, if I tell you that, then you will only understand me mentally. This is all being said already. What is so new about it? At the most I might give it in a very modern fashion campaign like intellectual which will make you have more mental feats to go round and round and sit down and analyse and reach no where. I see there is a power, no doubt, which is called as Kundalini within us. So many say that

because it was written long time back, thousands of years back. Christ has said it that you have to be Born Again, that you have to be Baptised, not by theological college people but somebody like "John the Baptist", who had the authority from the Divine. This power does lie, dormant within you, but every body writes differently about it. Very few really agree. This is another confusion one faces that there is a power lying within us and some say that it gives you electric shocks, some say you start jumping like a frog and some say you start flying in the air. Such a confusion! While you are seekers, seekers of ages. You have been seeking. You are genuine seekers and then while seeking you don't know where to go, what to expect and you jump into problems. The other day, when I went to Switzerland, one of my children, who had arranged the programme, he told me, Mother here people are very sceptical about Indian gurus. I am happy about it, really very happy. At least they have started thinking about them. Because they have

been deluded, they have been deceived and now they are disillusioned completely and they find it impossible to believe anyone who talks of God. So the first topic that he wanted me to discuss, in my stay there, was, demystification of gurus. Quite a challenging one. But this I said in 1970 in India, in 1973 in America but nobody would like me for that. They say why should you criticize others? Falsehood is falsehood and reality is reality. You will now know through some of those people, who are here, that how you have been misled, how you have been deceived? For money which you cannot understand because you have gone beyond it now, you are seeking beyond money. You know that money is not going to give you joy, you know that very well but those who had not yet known that still they are sort of climbing up the cusp, have not seen the ditch down below. Such people try to come up and give you some sort of a charming and receive lot of money from you. It's a very shameful affair, I feel myself. But that does not mean that there is no reality. If there is no reality, how can you have copies of that? If there are no flowers, how will you create plastic flowers. So, if you find somebody so unreal you must know that you have to find out the real and when you are

finding the real you must know that you must keep yourself absolutely alert about it that we are not going to accept anything but real. But you can be hypnotised. You can be brain-washed because you don't know all these things. Somebody says some words in Sanskrit language you get so enamoured by that as if Sanskrit language is something out of the blue. For example some of the disciples who went to certain gurus, got mantras which if you tell an Indian, he will laugh out his stomach. Like a mantra given 'aingā'. Now tell an Indian, he will laugh and that people had paid three hundred pounds for such a nonsense like that which mean nothing, which cannot be a mantra.

Why do you need a guru for a mantra? There is a science about it. Because we do not go into the understanding of it and just jump onto it. They want you because they want money, simple thing. It's an enterprise. You have given up everything for the sake of your seeking. You have seen that the value of these material things will not take you anywhere, you have seen beyond. Your value system is different but if the value system of some people is different from your, they can exploit you. So the natural reaction, I can understand very well, should be

such but there is reality and that it exists within you and that there is self within you and once discovered you find your absolute to tell you that you should become a very quiet, serene person, could be absurd. To tell you that you should be such a master over your passions and your lust and your greed, that nothing should sort of dominate you, this is just giving a big lecture to you. It has no meaning. You have gripped it yourself, these things and how will you have it when your grip is so strong? You have to grip something else. It is a simple common sense. If you find something much more valuable, much more dynamic, much more joy giving, establishing your sense of security, you will give up all these nonsensical things. But see how this works out. A gentleman who come from a horrible guru to me, he was absolutely pestered and finished by that guru. He used to deliver only introductory lectures. I don't know if he is here? He said I used to get three hundred people for this introductory lecture Mother, in the same hall where you were giving lecture. What do you say to people then? Isn't it clear? He is a well known person, who charges you money, who gives you courses. He has ruined so many people. Its like just now you were watching people going into the put and coming

out of it all drunk and others are attracted much more, seeing them being drunk like that. Its impossible to understand human nature! And when the reality stands before you, you crucify that! How do you explain all this and the acceptance of reality is your glorification! Are you going to add anything to reality. Supposing I wear a diamond necklace, it is going to adorn me and not to the diamond necklace but this is billions and billions times brilliant than all these things which adorn us. If you accept that you will be glorious and you will be lustrous, isn't it? Think about it. Because we are charmed by these outside things, their deceptive ways, their cunning ways, and that we are hypnotised, that's the only explanation I can give you.

That's how they have managed so far and one after another this hypnosis spreads like fire. You ask them, what did you find? Don't ask us. We are very happy people. After three days, you find, the person has committed suicide! We are not aware still that this is the most important, the most fatal and vital time in the history of human beings. The last judgement has started. We are facing the last judgement today. We are not aware of it and all the satanic forces have come out like the wolves in sheep's clothes and they are trying to attract you



and you do not judge them. You only sit down and judge the reality. It has started. Its a fact. It has started.

Now let us see, from God's point of view how He is going to judge you. It is easy to say that we don't believe in God, very easy to say that we don't believe in this government. But if you do anything wrong then you know there is a government acting. In the same way it is very easy to say that we do not believe in God. He is so compassionate, he is so loving, he is so kind that he has given us our freedom to know ourselves and we rely on it, we take Him for granted.

He has made us human beings from amoeba to this stage. He has spread out such beautiful world around us! He has done all that! But there is a judgement which we have to face now and the judgement that is going to come from God is not going to be the way we understand that He sits like a Magistrate and calls you one by one come along then you have a pleader there sitting. But in a subtler way He has already put the judging forces within you. See in the evolution he has worked it out. In the evolution how beautifully he has worked it out, from amoeba to this stage that we have come! Many animals were discarded. He saved some animals like from the mammoth family he saved

elephant. He saved so many animals and so many were discarded one by one all these years. In the same way human beings who have been very much in the extremes have been discarded. You see the history. Now I mean you won't find anyone killing his seven wives these days. It is impossible. One cannot do it. Person like Hitler came up, finished. Anybody who came up with any extreme ideas of domination or anything was finished by Him. Those ideas die out, people are ashamed of them and new ideas come up into human beings, accepting balance, tranquility and peace. They are talking about it, people talk about peace but are you really wanting peace within ourselves? And if we are really wanting it what are we doing about it?

Actually the judgement has started and to judge you God has already placed whole Magistracy within you. All the magistrates are already sitting down there. Christ has said 'Those who are not against me are with me'. These are the magistrates. And these magistrates are settled down within you, on different centres in your spinal cord and in your brain. I am sorry we don't have any maps to show you the magistrates and their seats. It's very interesting and all these seats are, like a panel, sitting in your brain and when the light of Kundalini rises through these centres,

when these centres are enlightened within you, you start enlightenment being manifested on your fingers. The end of your fingers get enlightened. The sensitivity of your fingers tells you, what centres are there affected, within you. This Kundalini rises and comes up to this point, the fontanelle bone area, we can call it, or the 'Taalū', as the soft bone here, in your childhood and it breaks it, actually it breaks it. You can see in a person, who doesn't have much hair here, the thing just going down like a little child. First it pulsates, you can see it with your own eyes. You can even see the pulsation of the Kundalini in the triangular bone which is sacrum and when this Kundalini rises you can see even the movement of this Kundalini, not in all in some. Because if the person is first class or you can say if the aeroplane is first class, the landing is first class you see, the shooting off is first class and in such a person there is no obstruction. You do not see the Kundalini pushing up. For example when I came to this place there was no problem on the traffic. So we just moved, smoothly we came away. Nobody noticed us. But if there was a traffic we would be jamming here and jamming there. In the same way when this Kundalini rises in a person who has a little problem on his centres which shows, you can see with your

naked eyes. This is what is Kundalini awakening, not that some people say we started jumping like a frog. Now we must use our brains. Brains have to be intact in modern times. Are we going to become frogs? Now, after becoming human being, are we going to become birds after becoming human being?

Your science, like psychology itself, I mean many of them believe that you have to jump into your unconscious, achieving your collective consciousness. Very clearly it is being said by these people. Then we must expect something of that nature where we jump into our collective consciousness. It's not that because I am saying or anybody saying it but it has to happen to you. The other day I was in Hampstead. I know what is happening with someone. Some people did get their vibrations. They did feel the cool breeze coming from their hands but some did not and they said 'Yes we have, got it' and they just disappeared! This is not the way you are going to treat yourself you have to love yourself and you have to adore your seeking and you have to get your fulfilment. As your mother, I must tell you this is a very serious matter. There is no gurus hopping going on here. You have to get your realization. You have to get it. It's so fortunate that the time has come when you are living and that

you can have it because of that you took your birth during this time because you are seekers of very ancient times, as I told you. It is written in one of our scriptures is India called as 'Nala-Akhyan'. Where 'Nala', one of the tortured souls, by Kali, caught hold of the Kali. Now it is said, it is the rule of Kali. Kali is the sinister fellow, is the one who brings all confusion and confuses people. He confused Nala. By that he was separated from his wife. So when Nala got hold of this Kali, he said, "Now I am going to kill you, I am going to kill you once for all, so you do not create confusion into people any more." So Kali said, "Alright, you can kill me, I'll accept. But first you know my importance, '*Mahatmya*', know my importance. I too have an importance.' He said, what importance can you have? You create confusion in the minds of the people, what importance can you have?" He said, that when I will be ruling, means when he will be in these modern times ruling, means creating confusion in our minds, everything has become relating. We talk like that. Yes may be alright, may not be alright. May be good, may not be good. That is a time when the confusion will be raining on this earth. That's Kaliyuga, the Modern Times. Those great saints and those people, the seekers, the

'Sadhakas' who were searching God in the hills and dales and in the caves will come back as ordinary householders and they will get the reality. In this confusion only they are going to get the vision of reality, they are going to become the reality, they are going to get their self-realization. And Nala forgot all his vindictiveness and his anger and what he had done to him. He said, on this point I forgive because I respect them so much, for that collective good I give up all my personal problems. Let this happen.

That only in Kaliyuga, the Sun of Satyayuga, the world of truth, the age of enlightenment is going to come and those saints who were seeking the reality in the forest are born today in this world. You can see them. They are saintly. They can see the joke of the artificial life so clearly. They know it's all absurd but then they don't know what is the real. But the time has come and it has to be worked out and it will be worked out. It has worked out in your great country. Now I would say at least thousand people are there very much in it, we can say, who have understood it. There must be about at least three hundred people who are actively working it out, at different places and I am very happy to come at this old city of Kingston, where the stone for the

enthroning of the king was put. Must be something special about this place. But people have lost their sensitivity to reality. Everywhere, not only in this country, much more in India, you will be surprised! They are all getting sophisticated. They are developed. They are getting developed. They do not know what you have found by your development and anybody tells them they think O you are just want to enjoy all that fruit of development and you are just telling us lies.

So, it is very necessary for you to understand what definite purpose is that the judgement has started and for that Kundalini is placed within you. But she is a great judge, I must say. You will never find such a judge anywhere in the whole universe. Because she is your own Mother and She is Nirvajya means She is just giving. She doesn't want anything from you, nothing whatsoever. She wants that you must get your property. You must get your Self. You must get all your powers. She doesn't want anything from you, that you should know your Self, that you should become your absolute, that's what she wants. She is your Mother, born again and again with you. She has recorded all the problems you have created for yourself, for her ascent. She knows everything about you and she judges you on this

point, how much you are sincerely wishing your ascent, that's all. She knows you out and out.

When she rises she shows those symptoms. She shows what's wrong with you. But she is your own, absolutely. There is no one greater than her, who is your own. She is your friend and she judges you because you must get the best, because she knows what is the best. For a child may like to put his hand into the socket but the mother says, no, don't do it. But the child doesn't listen. He gets angry. Still she says, no you cannot do it. She puts the hand aside because She loves you, loves in the purest form, where you do not expect anything from another person. And such a power lies dormant within you, which is just waiting for an occasion that when she rises, when she sprouts like the germinating power in a seed, when she comes up then there should be someone who look after you. There should be someone who should guide you. There should be someone who should decode and tell you that what you feel in your fingers means this, what is happening to you means that. Otherwise you will not know your moorings, you will not know where you are going and you can fall into the trap of ignorance or may be you may be still there, not knowing much. So she wants

to use somebody as the mouth piece for Her. It is necessary the unconscious has to speak to you through someone and that someone has to be a person of the same nature as the Kundalini is.

Those who make money from you and exploit you and leave you in the lurch, how can they be called as gurus? They are the thieves standing outside the door and they are just waiting for an opportunity to catch hold of you because they are already being judged, discarded and they are going to the jail and they want more people to be there, with them. This Kundalini, when she rises, she first soothes you physically, really She soothes you physically, that's how as a, you can say, as a by - product, you get your health. For example, cancer cannot be cured without Kundalini awakening. This I have been saying. When the doctors get cancer, they come to me and they get cured. But I am not sitting down here to cure cancer patients at all, nor any Sahaja Yogi is interested in cancer patients as yet. But if you want to have your realization, your cancer will be cured, your troubles will be cured, your health will be alright. I mean those who have got realization, who are sitting here, have been all, most of them, suffering something, physically or mentally. Some of them were even epileptic and had

very bad physical problems. There were some who had blood cancer. Some of them had other type of physical problems. With all these things you are faced with, the Divine Love of God, His desire - Kundalini is the representative of His Desire, Desire of the Ocean of compassion and love. That He wants to bestow this kingdom upon you, that He wants to make you the prince of His Kingdom. This is a very very serious thing and we have to concentrate upon this point. Concentrate on this point that the judgement has to be done and there is a power within us which is going to judge us. Now this power is the Desire of God, of that God who is Almighty, who has given us our freedom. She is not going to challenge it. His might, His strength and His powers are not going to stand against our freedom. But His desire is within you, existing on the Kundalini and this desire rises within you. It enlightens you but it doesn't force you. It doesn't take away your freedom.

It enlightens you to see. You have freedom to be in this world. It is not forced that you sit here or there or walk this way or that way, nothing is forced on you. But you are given a room which is enlightened. So you use your freedom in a better way, with more understanding. Because you are

enlightened, you can see. Then you know what to accept what not to accept. First thing is to enlighten you. Unless and until you are enlightened, you are in confusion and you cannot see through. Then it is left to your freedom to decide. So She cures you. She cures you. She improves you. She bestows all the blissful things upon you. She takes you away from the worries of grosser level, like after realization many people have solved their material problems. Now that they have become Mr. Ford or someone like that but the attitude changes and the material problems get solved. Yes, because there is a centre for that also, within us. Your family problems get solved, husband - wife's problems get solved. So that you are free. Your grip over these things, that worries you is released and that now you can see it with greater freedom for your self. What you have to choose and what course you have to take in your life? After giving all - these concessions and all these advantages and all the possible help, then you are judged. Can you think of any magistrate that generous? And such a thing exists within us. We have to be very thankful to God for what He has done for us. We have no idea, we have taken Him for granted. For every thing that is within us, we have taken Him for granted. We have not

been able to thank Him for what He has done for us and how kind He has been to us. For a small thing we try to get rid of Him from our hearts. Still He exists. The Kundalini exists within us. You try anything against it, She exists. I have seen some people having Kundalini which has been beaten up. There has been horrible marks of pain and anguish and she is just turning her sides in anguish. But still she exists for that moment where She will give you what She is there for. What a blessing! Where can you find all this! Is all within you, which has to work out. But when giving realization I find people just disappear. Even after realization can you imagine! The progress in the west has been like that-you move three steps forward and four steps backwards, Really you will be amazed at people. I don't know what's gone wrong with the western mind which is so disillusioned about material things. When it comes to Sahaja Yoga their caliber is just of the lowest type sometimes. You cannot understand that how can these people have no self-esteem, where as in villages in India people just get it and they are just there. There is no rambling, nothing. They are just there. The complications are there I agree. But you must have self-esteem. It is sometimes, sometimes makes you feel sick. Perhaps you do not know that

in this country I have worked for four years on seven or eight people, four years, can you believe it? Not that there is something wrong with you. You are seekers, you are saints born in this country. But what has happened to your saintliness. Why so flippant, why so superficial? Why don't you touch it deeply? Why don't you understand yourself? I just fail to understand this. Why don't you respect yourself?

I respect you and I love you very much because I know you. I know you for ages, you are the lost children I know that I don't know how to establish that within you, and sometimes my condition is the same as that of your Kundalini. I can tell you. You have to be in a great haste to get it. You have to become absolutely dynamic and plough it out and talk to people and tell them that, this is the situation-an emergency. Can't you see what's happening to the world? Can't you see the confusion? But the situation is taken for granted or if it is even faced, it is faced in a very intellectual way, that you feel guilty about, say Vietnam. Very good idea. Sit down here, easy chair politicians thinking about Vietnam or file it up, whole thing. You are the chosen ones who have to receive it and who have to have it. But to take to reality you will think hundred times and to get into a

dirty - filthy circle, it just clicks.

Whom should I blame for this? These horrible gurus or these horrible people who have put up a show for you or it is your naive attitude towards spirituality? I shudder to see the way things are sometimes and the way people are taking for granted all this. It is your responsibility today, the ones who are supposed to be the seekers, to see that you bring forth the reality to the people and tell them that please see it and get it? Because you are their fellow-being. They are your kith & kins. How can you leave them even if you get your realization and even if you enter into the Kingdom of Heaven, you will not forget them, you will think of them. You cannot be happy with your realization also, unless and until all those saints, who out of ignorance are lost, you'll think of them.

I have to work out through you. I cannot work it out alone. If I could there would have been no difficulty. If God could work out just like this, give them realization, finished. It will not because you have the freedom. Why you have the freedom because without your freedom you cannot come to that caliber by which you are raised. We do not realize it where are we today, we do not realize it. Sometimes I feel I am talking to walls. For example, you will

find that some people are slaves of watches. They have no time for, 'Oh we have no time very busy people'. Why are you saving time? Why this idea has come to you? Our forefathers never did that. Why are you so much saving time, for what? You are saving time for the becoming not for wasting it in the pubs or in the horrible places like races and all these things, not for that. You are saving time for becoming because you are a diamond. You have to be chiselled-out, you have to chisel-out yourself. You are not serving it to waste it. I mean the best advertisement would be, save fifty pounds to spend three thousand. Its something like that. You are saving your time not to waste it. Saving it for something extremely precious, extremely vital and important, something that you have been seeking. But I do not know how sometimes to keep you on that level of depth. Of course some of the people are of such high caliber, in this country, that even they are very satisfied. You do not know how much has been done in this country also by God. For example I went to see Stone Hunch, Stone Hunch is the creation of the Mother Earth. You can see the vibrations. You can feel it. There are so many things done in this country. Kingston itself is so vibrated, I was amazed! And what do you find, at least

hundred people went into that courage and some came in here walking, going up and down, some walked in, some got out, they were deciding, still no proximity to sensitivity, no sensitivity towards the reality. They cannot feel it! May be, may be it will work out. I am sure it will. I am the most optimistic person you can ever see. Real optimism is my nature, I believe. It is going to work out. Only thing your, so called freedom, comes in the way. So try to understand that this freedom is given to you so that you can become yourself, not that you should become an animal. What's the use of giving realization to a chicken? Can I give also, is another point? Many people say Mother, I have done lots of good things. I say, what good things you have done. I don't eat chicken. I say now why are you saving chickens for me. You better save yourself. So all sorts of funny ideas they have. It is you, the seekers, the buds on this beautiful tree of life, they are the ones for whom this creation is created. They are the ones who have to get it. They are the ones who have to have it. The whole universe has blossomed into them and they want to become what? Worms? Just think about it. Just think about it.

By God's grace we will start the programme of realization which may



take even in a split of a second, might have already worked out in you. Because today I was little too much, I think. Kingston is a good place. May be one day it will become a very great place, I feel. That's why I told felicitations for this. It's a good thing that you are in Kingston. But let's see how much you use what power is flowing in the area. I hope something will work out. Now after realization you have to take it up seriously. You have to work it out because after finding it also, it is not that you suddenly jump onto the sun or turn to the moon. Even going to the moon, what did you get? You couldn't understand anything. So you have to go into all the areas of your being because the movement will start inside. You have to take your attention to all the areas within you. You have to settle down your attention and now the attention will lose the grip over nonsensical things. All the priorities will change. The greatest thing is that Kundalini, when she pierces the Sahasrara, the joy starts pouring in and

you start feeling that cool breeze coming from your hand, the cool breeze of the Holy Ghost. And you start feeling it every where and you can find out. Now you can judge others and yourself and you can help others, automatically. You don't have to go anywhere for that. You don't have to have medicines, you don't have to anything, just you be there. You help others in their salvation, as if the whole mechanism starts working, the whole technique starts acting like a television set, you put in and you start seeing the whole thing. Just you are amazed at yourself. But you have to know the engineering and you have to know how to work it out on yourself and on others. It's a great fun. We are all in a great fun mood and you should also join us. It's wonderful. No time for miseries, only thing one feels that why these people are doing like this, you see, like grown ups the mature people look at little children Oh! Why are they putting their hands into the fire?

May God Bless You all

# ***Spirit Like the Sun***

*18th June, 1983*

*(Talk by Param Pujya Mataji Shri Nirmala Devi)*

I am so happy and joyous to be here with so many Sahaja Yogis and so many of them very new, not very new to Me. Perhaps I have known all of you thousand of years back.

In Sahaja Yoga, you have all to understand one simple thing, that you are the Spirit and whatever is not the Spirit is not yourself.

We can compare the Spirit with the sun. The sun can be covered with the clouds. There can be superimposition on the sun, but sun remains as it is at this point. You cannot enlighten the sun. It is illumined by itself.

Now, when the clouds are removed, the superimposition is removed, the sun shines through the atmosphere.

So our Spirit is also superimposed by ignorance. As long as there is superimposition, you cannot see the Spirit. And even when few clouds disappear, the superimposition exists. One has to have a clear sky to see the light of the Spirit shining through.

There are many ways by which we

can try to remove the clouds. The first and foremost thing is the assumption, the faith that we are the Spirit and that the rest is superimposition. You have to assume that within yourself. After Realization, it should become very easy that you are something much more, something very different from what you have known so far.

## **Intellect Working the Spirit**

So now the new situation arises that you do not have a blind faith, but you have a faith that has come out of an experience. So your intellect should not fight it. It should not try to challenge it. If it starts challenging it and if you hear your intellect, you will again go down.

Even if you get the glimpses of a star in the sky, then the scientist believes that there is a star. So, in the same manner, even if you get the glimpses of your Realization, you have to at least believe that you are also the Spirit. You go on sticking to that experience and keeping your attention on the fact that you are the Spirit. Tell your intellect not to cheat you anymore. You can turn the

face of your intellect by this.

Now your intellect will start working for the pursuit of the Spirit. This is what faith means. Faith gives rise to pure intelligence.

### **The Form and Formless**

Now, once you have seen clouds removed, still there are clouds. *So you have to use the wind to remove the clouds, wind of the Holy Ghost.* And — that you know — there are many ways of taking advantage of the wind.

So the wind comes from some other source. That is the source of the Holy Ghost, your own kundalini. And also you have, in person, the Primordial Kundalini before you.

Compared to many other seekers who came before you, you are very fortunate. Because worshipping any **Vigraha**, any statue of self-created vibrations of the Mother Earth, people had big problems. They had to first of all do a meditation, which was called as **Savikalpa Samadhi**. That means in that state you had to concentrate on such a statue, **Vigraha — Vigraha** means the one which is a vibrating statue — and then go on looking at that statue and try to raise your kundalini. And kundalini used to come up to Agnya, but the jumping beyond the Sahasrara was an impossible task because one has to go from form to formless. And it was so

difficult to get out of form to formless and even to concentrate on abstract or formless was another impossible task, as the Muslims did or many others tried to do.

Under these circumstances it was necessary that the formless had to take a form, so that there were no more complications. As soon as you concentrated on the form, you become formless. Like if you have ice before you, as soon as you start touching the ice, it melts away and you start feeling the cool.

### **The Meaning of Puja**

So the problem is very easily solved now. Puja is one of the things by which you can excite the forms into formless.

Now your centres are the centres of energies, but they too have a guiding deity sitting on all these chakras. They are also the formless made into forms. And when you do the puja, the forms melt into formless energies. And these formless energies start flowing and then blows the wind. And that is how these misidentifications, these superimpositions on the Spirit are removed.

Now you cannot think about the puja. These are things which happen into a realm which is beyond thinking. So you have to understand that you cannot rationalize the puja. You should have the

maximum advantage on your chakras. For that, you must fully just concentrate on the puja and how the wind is blowing. And the wind will see to it that it drives out all the clouds.

So your only work is — your only method is — just to concentrate on the puja and witness. You are a seer.

Seer has double meaning — the one who sees only, just sees and he is only knowledge. He is a seer, without any thought, without any reaction, just sees and absorbs automatically. Spontaneously, he is the seer.

For Me sometimes it is burdensome because there should be some parity between you and the deities, some balance must be there. Here you are saying all the mantras and the deities are awakened and there you are who do not want to receive anything within your heart. So I am the One who has to stock up all the extra energy that is produced in My Body.

So it would be better if you all keep your hearts opened and watch the puja without thinking about it....

Shri Mataji Nirmala Devi,  
June 18, 1983

## ***Estonia with love***

Estonia is situated on the Baltic Sea coast. It is a small and beautiful country. Our neighbours are Russia, Latvia and Finland. Our history is connected with such countries as Germany, Denmark, / Sweden and Russia.

All these countries left some traces in Estonian architecture, art and even in the people's souls.

Estonians are closed when it comes to other people and they don't let anybody come to their mind or heart. They prefer living alone or with family on their farm. This is the classic portrait of an Estonian.

The Estonian language is very melodic, like a song. Estonian music is like our nature, a mixture of wind and sea, although Estonian bhajans are not like that.

The population of Estonia is about 1.3 million people. About sixty per-cent are ethnic Estonians. Most of people live in the capital, Tallinn, but not most of the yogis.

In the beginning of the 90s, Her Holiness Mataji Shri Nirmala Devi travelled with Her husband, Sir C.P. from Finland to Russia through Tallinn.

Soon after that, in 1992, Finnish and Estonian yogis held a public program in Tallinn, but Sahaja Yoga didn't start very well. It was at first only a few realized people in different towns.

Sahaja Yoga started to grow in 1993 in Parnu and Kohtla-Jarve. Sahaja Yoga has now spread to six towns — Parnu (the summer capital of Estonia), Narva (on the Russian border), Kohtla-Jarve (an industrial town with fabric mills and mines), Johvi (like Kohtla-Jarve and Narva, a town with mostly Russian-speaking people) and Tallinn (the capital of Estonia).

We had presidential elections in Estonia in August 2001. Before the elections, all the Sahaja Yogis of Estonia had a Havan and asked Shri Mataji to give us a dharmic president. In the two rounds of voting, none of the candidates had the majority. The pundits said that Estonia would stay without a president for the next five years, but, in the end, Arnold Ruutel was chosen. His surname can be translated as "knight." He had no chance of being elected, nobody expected he would

become president, but he was the only dharmic person among the candidates. Time will tell if he is a good choice.

There are a lot of examples of how Paramchaitanya works here. We just enjoy watching this work.

In November, we had public programs in Tallinn, Johvi, Narva, Parnu, Kunda and Sindi.

From Sahaja Yoga collective of Estonia with a lot of love!

Viktor Korotkov



