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The Divine Cool Breeze





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Shri Ganesha Puja

Cabella - 14.09.2002

(Pravachan of Her Holiness Mataji Shri Nirmala Devi)

Today we have gathered here to worship Shri Ganesha. Shri Ganesha is the deity of innocence. When we are born as children it is Shri Ganesha who is acting and we are very innocent. It is such a powerful thing that with this innocence children survive under many circumstances and we love them because they are innocent. We enjoy them because they are innocent. Once we start growing, our Sahasrara also gets closed and we develop all kinds of funny things that enter into us. It doesn't go out, it's just there, it doesn't go out. Innocence has a great effect on our character and on our sense of chastity. Actually when you are innocent you don't know what is not chastity, what is being unchaste, what is being cunning? If you are innocent then you are looked after by Shri Ganesha himself. Anybody who tries to harm an innocent person, Shri Ganesha looks after him and manages. Many people who are innocent in this world, of course they are very few, but they become so detached from all worldly problems like lust and greed and many others, because they are

so pure that nothing can spoil them and malign them. This is such a great blessing we have that innocence is actually created in us and it was created much before. All the innocence, everything was created much-much before we were created. It's such a great quality for us to become innocent.

The greatest quality of Shri Ganesha is joy, it gives you joy. As small children may not speak even, but they give us so much joy. Joy giving quality comes from Shri Ganesha. Even after coming to Sahaja Yoga, I have seen, people are not full of joy. They are very serious, they don't know how to laugh, how to enjoy anything. That's the sign that they are still lacking in innocence.

So, it's important to understand that if you are Sahajayogis, you should be joyous and give joy to others, just like children. How sweet they are! They may be newly born but how much joy they give you! But supposing you do not have that capacity to enjoy the innocence of children then nobody can help you, Ganesha cannot help you, because there's an innate quality

human beings have, and if you don't have that quality, no use having any other sense. Some people like food, they like colours, they like all other things but if you don't have Shri Ganesha you cannot purely enjoy anything. So it is only Shri Ganesha's blessing that we really enjoy everything in its full measure. Otherwise we start judging it, we start criticizing it. People raise so many questions. If you see something and it gives you joy then you are supposed to give the explanation for that. As we have many critics in this world and they are all the time criticizing one or another. Now the critics are criticizing critics. That's the biggest problem. That's their job because Ganesha is not there and they go on criticizing others, never criticizing themselves and thinking no end of themselves. With that they create very bad kind of a community which is actually very harmful. It's very dangerous. It's like having some sort of a boil or some sort of a septic thing in your body, in your being. So if you cannot appreciate it and if you cannot enjoy it then Shri Ganesha is missing from you. You should be able to enjoy everything, enjoy your Children, enjoy children of other people. That's the sign of your being completely blessed by Shri Ganesha.

Now the beauty of Shri Ganesha is this that it looks after your Kundalini, it guards your Kundalini, it guides your Kundalini and throughout, on all the chakras. He has to bless you. If you don't have the blessings of Shri Ganesha, you will be completely useless fellow as a Sahaja Yogi because all the time you are seeing the bad points of others, all the time you are dividing, I should say, you are getting into a problem by which you cannot enjoy anything. By temperament you think you are very serious, you are very mature, you are very developed but you are not innocent. Such a person gives such a headache to everyone. If there's one like that in the family, people want to get rid of him.

So you should have the quality of Shri Ganesha which is of giving joy to others, depends on how much joy you can give to others. It doesn't want anything. Such a person won't say that I must get this, I must have this position, I should be leader, I should be this and that. No. He just enjoys giving joy, joy to others and being humorous and kind and never-never tries to insult anyone and hurt anyone. If such a person hurts by mistake also he goes on repenting about it and hundred times he will beg your pardon if he has hurt you. Such a happy person is a real Sahaja Yogi.

That's the one we want to have all around- those who have no hatred for anyone, no malice for anyone and not finding faults with another but trying to find what is the good point of that person, what is so special about that person. He is not bothered as to what colour you are, whether you are black or white, whether you are tall or short. It makes no difference because it is absolute-absolute joy and for this absolute joy you don't criticize and you don't try to find faults with others. Now the problem is that people are getting very much advanced in this modern era, very advanced and they are very much more advanced in criticizing others, I think that's the thing they do, to criticize others. Also they have another very bad quality to identify themselves with the countries in which they live or with the family in which they are. I have seen it creates such a problem. Also they identify themselves with the different religions they follow. Imagine from this, how many problems have come up that you start differentiating between one and another! For example now supposing who is born say in one place, so he says he is the best, his country is the best, his people are the best and there's nothing wrong with them. On the contrary, if a person is a real Sahajayogi, who has Ganesha within him

enlightened, then he sees it and enjoys the humour behind it, the humour of all these people. What they are mad after, how they behave. I mean the way he understands the jokes behind it, jokes which is avoiding reality. And reality is only possible if you are in the realm of joy, otherwise all the time you find something wrong, something upsetting, something disturbing. But if you see the humour behind everything then you are perfectly alright. For example, I would say that I have had many such experiences that people have told me, Mother, such and such fellow is like that, such and such fellow is like that. So I would ask that person 'Are you like that, direct. He will say, no I am not like that', but I said, 'why everybody sees that in you? All of them must be wrong or you are wrong? Then he would say 'may be myself', and that's how you see you can mould also such people who think that they are correct and the rest of the world is all bad and they have every right to hate them and to think in the wrong direction. What happens with that is that you lose the essence of joy.

Essence of joy is in seeing in everything, the source of joy. Supposing you see something here now if it is odd, it should give you also great sense of humour, if it is beautiful it should give you

another sense of appreciation. But I can't understand people who go on harping on some sort of a thing that has no meaning in their lives nor in the lives of others. I would say my father had a great capacity to do that. Once I went home, so I said, 'my brother was praising this man for his music, what do you think?' He said, 'he is a musician, no doubt, but he is very courageous'. I said, 'why?' 'Because he may go on singing anything, he never feels bad about it, everybody might be nervous or everybody might be laughing at it but he is not at all bothered. He goes on singing in his own ways.' So that is the beauty of understanding. Every defect in a person can be enjoyed, is very much a sense, I should say, very subtle sense by which you can enjoy every person. If he has defects then you enjoy them as humorous thing and if he has something very good then also you can enjoy. So, why do you shun people? Why should you get out of people, criticize them for nothing at all?

Now these people have built up big organizations. For example, the Catholics will hate the Protestants, the Protestants will hate the people who are Catholics. What's the use of that? What's the use of hating each other on that point that somebody is a Protestant or somebody is a Catholic? Just see yourself, see what is

wrong with you? Why do you think like that, why do you look at those things and always think that another person, something wrong with him, and then you form groups and then you fight, you can have even wars with this kind of an idea that the other person is not alright and you are absolutely perfect. This is also with the country, I have seen. For example, even in Sahajayoga I have seen, if somebody is coming, say from India or from another country anywhere, the leader will be anxious that he should or she should put her candidate before. It's such an identification which they are not still conscious of it. But then I play my tricks. All such things when they do, when they try to support one party, one type of people, from one religion, we should say not religion now but countries. So this country identification is so much still in Sahaja Yoga that you come from one country then you want to support that country. I am from that country. You will never appreciate that whosoever is coming from any country is a Sahaja Yogi. We are a global community, we are not to be identified with one country, that our people should be married, that we should get our people there. All this kind of things I have noticed and I feel very sorry that you have not understood the nature of Sahajayoga.

Sahajayoga is a global thing, absolutely global. It has nothing to do with one country or with one person. It's such a global thing that if you see the subtle side of it, it's very joy giving. God almighty has created this world as one. They might have United Nations, they might have this, they might have that but still they are so much identified with their country that they cannot correct also that country. Now for example, something is wrong with your country, they cannot accept. For them everything is alright because they were born in that particular country or they appreciate some other country so they go on praising that country to such an extent that they are destroyed and their ideas are also destroyed. So, best thing is to see the joke behind being identified with one country. There is a big joke about it. I enjoy it very much. Among Sahaja Yogis also, I have seen it's very common that they are identified with one country. If you are identified then you should try to correct that country. You should try to correct those countrymen who are following a particular type of ideologies. They never see that because they are so much involved with them that they don't see what's wrong with them. They will always see what's wrong with others. But I have seen, those who are real Sahaja Yogis, are

very good. They tell me what's going wrong in their own country, what's the trouble in their own country, how the countrymen are? You see, very surprising! I was surprised how people told me that how some people who are in their country are so misidentified and they are so against Sahaja Yoga, in a subtle manner. I was surprised how they felt it that way. They said, Mother see they are not at all global. Once you become global, all your problems of provinces and things are finished. But that doesn't come into their head that we have to be global, we are Sahaja Yogis, we cannot identify ourselves with one country or another country. If we do that then we are still lacking in our universal personality.

This universal personality comes to us from Shri Ganesha. He is a universal, personality whether He is in India, whether He is in Italy, or in England. What is that personality is innocence, very innocent, very much innocent and not only that but he is a joy giving personality. All such people who are joy giving are recognized. It's not that the world doesn't recognize. They may not be knowing that they are global but those who are global people write books on global ways, thinking about global things and they can criticize also people of their own country. They can

criticize people of their own clan, they can go on like that but they can be slavish also to some other country and try to praise them too much. So, you are not to be slavish, you have to not to be identified but you should be identified with your Self and whatever your Self enjoys that should be expressed. That is the sign that your Ganesha is there and that Ganesha is working out. It's very important for leaders to understand this, because I have seen the way they are identified with their countrymen is sometimes shocking to me. I am really shocked how could they be? They are not belonging to any country, they are no more, they are in the country of Shri Ganesha which is the country of love and joy. If you cannot give love and joy then there's something wrong.

With His this quality only, people become chaste, because chastity is a very joy giving thing, very joy giving. It is not a thing that you have to tell somebody or to force somebody or to restrict somebody but it is to enjoy it, to enjoy yourself and enjoy the chastity of another person. It's such a great blessing of Shri Ganesha, such a great blessing that you enjoy your own chastity. You are not bothered about the another person, he is chaste or not, if he is doing bad things, if he is a ruined person, doesn't matter! You don't get

spoilt with that. You have your own chastity. You have your own life of very chaste moments. It is now-a-days such a modern style of thinking towards unchaste life and all kinds of wrong ideas about chastity. If somebody now talks of chastity, people think he must be mad, how can that be? Everything is done these days. If you see-all the fashions are there. Once the fashion starts, goes on spreading. Then everybody will dress up in the same manner. They have no personality of their own. Everybody will be going wrong in the same manner, specially the women have lost their sense of chastity. They have lost their sense of chastity because the way they dress up sometimes shocks me. What is the need to dress up like this? Why can't you dress up properly? But it just-just shows that they have no character of their own. Actually they may say, I am this, I am that but they are not. They are nothing because they take to all kinds forces that run around. But look at the children, children are not like that. They do not have all these funny ideas of impressing people with their unchaste life, none of them. On the contrary, children are very conscious and they want to become very chaste people. This has an effect on the eyes. I must say, Shri Ganesha acts through your eyes. How you look at a

person is very important. I have seen people losing complete control over their eyes. They go on looking at this person, looking at another person, looking at another person, just for nothing at all. But it's a matter of no Ganesha controlling them, and with this the eyes are spoilt. Spoilt means that you cannot look at anything concentratedly. Then how can you penetrate in to anything? Any penetration is possible only if you can really adjust your eyes in such a manner that you see something at that time, for that time, and not go on shifting your eyes from one to another. It can be anything, it can come from anything. That means Ganesha is the one who is a detector of our faults. For example, people have greed. So they will start seeing who's wearing what clothes, what clothes they should wear. If they have greed then they will see somebody has a nice house, I should also have a nice house; but they never see the beauty of that house, they never see the actual essence of that house but just they go on seeing that I should have this house of this kind, I should have that. They have no sense of beauty I should say, they have only sense of possession and that is such a bad thing to say because sense of beauty is something so deep and sense of

possession is so grotesque, is so aggressive. So, one should look at things from Ganesha's angle-how will he do it, how will he use it?

You learn from children. How they watch things and how they work it out, How they think. You will be amazed, how sensible they are and the very sensible things they talk! Like, I met a child, so the child told me, I love the moon. I said, alright. Now, what's wrong with the moon? Nothing, but it hides itself under the clouds all the time. 'So, I said why does he do that?' 'Because it walks too much, so he is tired and he has to rest and that's why he does it. So, if he doesn't walk so much if he keeps steady he won't have to do it.' Just imagine a little child watching all these things! And I mean I was amazed how a little child knows what is right and what is wrong, how to behave, how to understand the proper way of doing things!

They are not taught anything, they are not conditioned, nothing, but they know how to behave and they are always looked after by the Divine. I have known children who have fallen from great heights, nothing happened to them, and also snakes and all these things don't bite them. Even they say that tigers never try to eat children. What is it? What is so powerful about them that children are so

safe and allowed to grow. But they grow into such horrible creatures who are unchaste, who are running after women or women running after men is common play these days;

It is unbelievable how can people who are, even Sahaja Yogis, do this! Of course, they don't, but some of them, they are still in this kind of a mess. So, when you have your Ganesha already established, just before creating the whole universe the Mother created Shri Ganesha. If He is there then life is very easy. Such a society is very easy to live, such a friendship also is so easy because there's nothing that is possessiveness or any kind of a, you can call, perversity. When you have bad eyes for women, bad eyes for money, bad eyes for possessions, Ganesha is spoilt. He just knows how to enjoy-enjoy everything. If it belongs to you it doesn't matter, if it belongs to me it doesn't matter but you should know how to enjoy the beauty of it and that's enjoyment when you have within yourself, you don't grow old because all the time you are enjoying. What is there to grow old? But normally it doesn't happen. You are very critical, you are very, I should say, selfish and stupid sometimes, very much stupid. All that you lose on that grip over yourself which is joy. **What is your Self? Self is nothing but joy.** A joyous

person is definitely a person who has got his Self expressing through his joy. Such a person is so joy giving, so humorous and never degrading anyone. In every small thing he sees beauty and the nature of every creation is so beautiful. I am really surprised that how is it that poetry comes to very few people because they go on describing love affairs, this that, all nonsensical things. What things make you unhappy? Unhappy is not the sign of a person who is a realized soul. So, if you have that problem of unhappiness, just be on the watch out and see why-why have you developed this kind of a funny attitude towards everything, why can't you enjoy everything? You go on watching this person, that person, you will never enjoy; while if you watch the children, it's very interesting. They look at, like I saw one joke; there was a joke about a child-they had a guest in their house for food and he was eating. So this child saw that man eating, he said, 'mama, he doesn't eat like a horse. You said, he eats like a horse'. So, that's what they are-very simple, very simple hearted and that's how they correct people, correct. What you should talk to children, what you should tell them about, it's very important because if you tell them something-don't do it, so they will do it in such a manner that it will be ridiculous,

absolutely ridiculous and they are so obedient to begin with. They think that we are children, we should obey and this obedience comes out of their simple nature. But we should not try to tell them too many things and we should not control them with 'don't do this, don't do that. All the time if you do like that, the children won't understand. You don't have to tell them. But if they are chaste children, if they are brought up in a chaste society, that's why I always say 'send your children to our school.' Because children have to be chaste. They must understand the value of chastity and this modern society in the Western area, specially, are destroying our children's innocence. We should have learnt so much from the children, how innocent they are, how simple they are! They are very generous and children will give away everything that they have, everything. They don't understand possession of things, just imagine! If somebody likes something, 'alright have it,' and they will keep something for a person who likes something. They are wonderful people and we have to learn a lot from children. Their smiling faces and their joy should teach us how to behave because Ganesha shines through them, very clearly. All the intelligence, all the beautiful things they

say, I would say, you should all write it down what your children talk. Because it would be such a book of interesting episodes. Instead of writing about wars and horrible things that they have done in this world, better write what good things there are which children can tell you. Children don't believe in all this kind of a mass nonsense of a fashion, they don't. See them they are properly dressed always, they are not bothered about behaving in a mass way. So that means they are very independent on their own. They are not slaves of any society and they do not want to follow anything that is just generally followed, no! They follow their own pattern and live in a very dignified manner. They are extremely dignified and their sense of chastity is very well developed. They would not wear something that will expose their body or will show that there is something wrong with them. Sometimes we neglect our children very much, because of money problems may be, I don't know what husband-wife problems there are and the children are neglected. Once they are neglected, anything can happen to them, and I think it's a very great sin on the part of people to produce children and to neglect them.

Children should be given the first, the

primary place in the household, in the family and they should be looked after by everyone. They are the most important thing, not somebody who is the head of the family, he can shout at the children. Nothing of the kind. Moreover I have seen that the way we take to all odd things and bad habits, children never take. They know that it is bad, this should not be done. By their innocence they know, it should not be done. They may sometimes, you know, play with fire, do something like that. But once they get burnt by it, they will never touch it again. They are extremely fast in learning because that is the age they are, in growing; but actually what is needed now is that the elders must grow. The children are growing, they learn, what about the elders! They have to learn also, how to be nice and kind to everyone and to be compassionate with all the rest of them. This idea of criticism comes from where I don't know. But like, they will go anywhere, they will start criticizing. Children never criticize, they never see these things, never. They will just get into that house or place and just enjoy it and see the good points of that house. Always as they come in and tell, see, they had one very nice Shri Ganesha's, this thing. The house may be dirty, there might be smell, anything, doesn't matter. See their eyes

are towards nice things and good things. They don't sort of take to all these things. Then also because of modern life children have developed a kind of funny character when they grow up. I don't like this, I don't like that and they fall into funny-funny, I should say, ideas about life which we must try to guard because these days the society is growing so fast. There are televisions, there are so many I should say propagating things which are not good for children. They should not see them also. If the children are realized souls they don't like to see. They don't like to see violence, they don't like to see nonsense, I have seen it. They don't like, but the parents are sitting and enjoying nonsense, so they are also sitting. Gradually it might crawl into their heads but normally children don't like any violence, any beating any kind of a thing.

So we have to learn a lot from them because they are innocent, because they have the quality of innocence. So they are to be respected. I don't like people beating their children or hitting them and fulfilling their ambitions through the children. It's very-very wrong. You should leave them alone, they are perfect. Only thing is they should be given proper ideas at a time, appreciation for their chastity, for their well behaviour. That should be done, What

should not be given a kind of a idea of the society in which they live, where the children get spoiled and I was surprised I met one child the other day and the child said, I want to have a car. Which car? Mercedes. I said, why don't you go for a Ferrari? So, you see this money orientation also comes from childhood. From childhood if you talk of all these things, money orientation, children also know this and they talk like that. There are many other things for children we should just avoid. Don't allow them to go near all such things which are creating money orientation because that is the problem of today that everywhere you find people who have made money illegally, so much money has been made, and there's no need to do that but still you see they do. This money orientation is a funny thing; it's greed, it's madness I tell you it's real madness. A person wants to have say twenty five cars. Is he going to sit on the twenty five cars? He wants to have twenty five aero planes, what is he going to do with that? For that he is cheating everyone, troubling everyone, taking the money of others. It's better to be poor than to be like that.

So, this is what is happening today is that people have gone. The track is wrong. It's the right side track, right side track. I should say we start our Sahaja Yoga from

Shri Ganesha who is on the left side, not on the right side. First you develop your left side then you come to right, you are alright. That's why we have our Sahajayoga completely built in on Shri Ganesha. Once he is there you are completely alright and no problem. There's no lack of wisdom. Once you are with Shri Ganesha, you see the point absolutely clearly, how to behave, how to live and you don't take to stupid things like lust, greed and nonsense. But people are mad, you know. They take to any kind of thing when they grow up but as children if they have an influence, very beautiful influence of proper family life, proper school life, proper guidance, proper love and help in everyway in their growth then children become extremely, extremely good, beautiful. I bless all the Sahaja Yogis to have children of that nature and to look after their children. That's very important because they are tomorrow's Sahaja Yogis, and they should be of better quality. Because you are coming from another lot, they are coming from the innocence. So they are very pure and their purity must be respected and must be guarded. May be that we understand the importance of children and develop Ganesha qualities in them.

Thank you very much.

CHRISTMAS PUJA

Ganpatipule - 25-12-02

(Pravachan of Her Holiness Mataji Shri Nirmala Devi)

Merry Christmas to you all. According to Sahaja Yoga Christ is settled on your Agya Chakra. His whole life is depicting the qualities of a person who is a realized soul. What he has suggested in his own life is that you should not have any greed or lust. The way these days people are greedy all over the world is really shocking. Right from the childhood our children also learn to ask for this or ask for that. Only complete satisfaction in life can give you that equanimity, that balance by which you do not hanker after things. These days even India has become very much Westernized in the sense, they are also very much wanting to have this or that. Actually now in America suddenly with this happening, people are getting to spirituality. They come to spirituality because they think they have not found any satisfaction anywhere. What we have to receive from his life, the great life of Christ? First he was born in a small little hut and he was put in a cradle which was all covered with dry, very dry grass. Can you imagine? And then he sacrificed his life on the cross. Whole thing is a story of a

sacrifice because he had a power, Power of the spirit that he could sacrifice anything, Even sacrifice his own life. So you can understand, the greatness of Christ was coming from his great personality of spirituality. But the same Christ is worshipped all over the world, specially in the western countries, and you will be amazed to know how they are running after things! All their industries are running with the big stories about what they make. And how people boast of their wealth! They will have a cross in their necks to show that they are Christians. First of all one should never wear that cross on which Christ was crucified. But they do make up by this hypocrisy and they are the another extreme of Christ. Not only they but even their wives and Children are all very greedy people. They should have this, they should have that. But now India is very much in the same run. And what do they ask for? They think by getting all these things around them they will be very comfortable. Its not so. They are all the time hankring and they cannot even enjoy what ever they have achieved. It is

something very surprising that in a country like America where there was no corruption but there were people making big big big money. They are supposed to be disciples of Christ! Its beyond me. India was once upon a time a real saintly country, where saints were respected. But now a days India has fallen down to such a low level of greed that its impossible to understand these people. They can say they had not such a great following of Christ and those who follow Christ also, the Christians here, they are the worst. They are the ones who have taken to all kinds of western life of greed. And they call themselves Christian!

But Christ has shown that you don't need anything in this world. He was such a great personality, such a great incarnation. He is respected everywhere, why? Because his power of sacrificing was the highest. Not because he was owning a big car or any big house, nothing. Only because he was such a humble man. His life is remarkable and that today he governs the hearts of so many, despite the fact that he was born a very-very poor man and was crucified also as a very poor man. So those people who are running after money are no way Christians, are nowhere near Christ. And so happy and joyous he was, and he helped the poor, he

helped the needy because he understood their problems. Because he could feel them, he tried to help all kinds of diseased people under-privileged, while today's world has come to such a nonsense that they help countries to fight. They create Christianity to fight. What is Christianity doing in this country? Is just to create a big power of creating lots of Christians. I have heard from many places, how they are converting people to Christianity. Christ never converted even a single person. He wanted to give transformation as you all have got it, but not changing the religion or changing your birth mark. No. And what did he achieve is this kind of, useless, third rate people who are running after lust and greed.

I get worried sometimes about myself that I hope my disciples and my children won't do things which are against Sahaja, which are against the principles of Sahaja. And one of the principles of Sahaja is that you have to help people, those who are down trodden, those who are not yet realized. You have to give them realization. It is not the way world is going on that we give help to people who have ruined in this world. If you have to save this country, if you have to save the whole world, then we have to become like Christ. Develop your sacrificing temperament. It should be very

very powerful thing because you are all realized souls. Try to develop that? A temperament of helping others. I have known some very great people in my life who were always willing to give, to people who have not got it and they have been of such a great temperament, they were never sort of given any big award or anything. But very happy if they could help others. It's very very sad today in this country where so many people have sacrificed their lives to achieve independence and freedom and what is happening is now today same people, or may be their children, may be, not the same, are supposed to be governing, supposed to be incharge, are making money! Why this situation has come? In this country we had so many people who were extremely sacrificing. They were the leaders, but how many of you are like that? How many of you would like to give away some thing of yours to others? What would you do to help others?

Its very sad that the Christian nations have never followed Christ and we also are becoming the same. I don't say that we should not do business or we should not make money. You can, but with all that you must remember for whom are you doing it? What are you going to do with it? With this money what are you going to do?

Actually you should find out atleast in one year, have we given one of our things to others? Not that I say you crucify your self, No. That will be too much. But can you at least sacrifice at least a little bit of your comfort for the people? *Sahaja Yogis have to be extremely kind. Extremely kind and loving. If you are not that you are not Sahaja Yogis.* First thing you should be kind and loving, and understanding the problems around and try to help as many people as you can. But that is not so, even Sahaja Yogis do not understand what is the value of their life! They are on the same path as Christ was. They are realized souls. They must have that feeling. They must have that oneness with the rest of the people and they should feel the sacrifice of Christ within themselves. How He sacrificed his life is to improve our Agya, to remove our Ego, to fight our ego. We are so egoistical. Whatever he has done is a waste, is something people don't understand and they do not imbibe his character and his life. Its very bad. For us he has a very great message, for all the people who are realized souls, he is a very great example.

There are so many things to be done. My mind is always with the needy and I have started many such organizations. You know that very well. Recently I started

something for the destitute women and orphans in Delhi. I paid most of the money but at just the finishing, I said why not ask the Sahaja Yogis to pay that little money to finish. And they did, they did pay. In Delhi, I must congratulate them for showing the way to other Sahaja Yogis.

I was amazed how they could raise so much money for this big organization! It is something we never see how the women are suffering in our country. How the destitute women are suffering! They are left out by their husbands for no fault. Just like that for some whim they are left on the street with their children, more in the muslims, it is worse and I felt very much that I should try to do some thing, atleast bring the attention of the people to their lot and to their problems so that they come up into life and earn their living.

I think it's the duty of all the Sahaja Yogis to go and see around who needs your help? Just don't live for yourself, earning for yourself, making money for yourself but try to help. Help those people who can really be helped and they should say these are the Sahaja Yogis who have done. So many ideas I have of helping people and I am going to try them with whatever money I have, but I wish you could decide to do something for them. Specially this country is divided into atleast

two parts. One is the rich and the other is very poor people. These very poor people just make my heart wrench. Wrench with pain! I don't know how to help them! It's such a vast community. But if you people decide, you can go round, you can go round, and you can find out ways and methods of helping the people who are extremely poor. They need your help by all means and you are capable. With the Mahalaxmi's blessings you are well equipped and try to help the poor.

Try to help the people who are in great trouble. I know they are not Sahaja Yogis. Don't expect them to be Sahaja Yogis. They can't be. At the time of Christ, how many were there who were Sahaja Yogis? How many people were there who could understand the depth of human problems? But Christ did and he sacrificed his life for the sins of the people. Can you imagine?

It's a day to celebrate his birthday with very great joy. What a birth and what a life that he had to go through! Nobody would like to have that kind of a life but the essence of it you must understand. Running after greed is madness. There's no end to greed. Those who are greedy, are greedy all the time. They are asking for money, asking for this, asking for that. Why not see to others, What do they want? Because we are in collective

consciousness. We should understand what do these people want? What can we do for them? I know its very difficult in these modern times with all the advertisements going on but we are Sahaja Yogis. We have to be normal people, we have to face it in a way that a saint has to face, and try to eradicate all these ills by your special powers.

Today is a day of great joy to me and to all of you. Also at the same time, when I see the life of the Christ, such a short life, how miserable it was! Not because of poverty. No, but because of hatred and because of tortures he had to go through. He didn't mind poverty. Didn't write anything about it. What he felt bad was really the way things are wrong and the way they were oppressed. And he took up all that upon himself. To solve the problems He created the Christians and what they are doing is nonsense, just a nonsense. It has no meaning. It has no meaning to Christ's life and it has no meaning to the richness of his great work.

So when we are celebrating his birthday we should also celebrate his sacrificing capacity, his power of loving. Now Sahaja Yogis have become very good people, very loving people. No doubt about it, but still I think the greed lingers on. There is no end to greed. I must tell you, I

have seen people who are so mad! Like in America they found out those people at the top of every organization, corporators, who are so rich that they had 25 aeroplanes and about fifty, over fifty cars. Are they going to travel by these fifty cars? How are they going to travel? One foot in one car and other foot in another car? But they had it. All this kind of madness, and they said that now there is nothing to say as such but now these are all confiscated.

What will you do with all the people of this kind of temperament? Is it not madness to have 25 aeroplanes and about 50 motor cars? And they thought no end of themselves! Stupid as they were, when they will die, all this will finish. They are fighting about something. In America it is such a funny thing. Well you do understand where are we going with our greed? There is one incident where a very young girl married a very very old man, very old man and when this old man died he left all his money to this young lady. So the son came over and made a case that I have been his son for so many years and how can this lady get all the money? She got billions and billions, but still she wanted to have the whole! So she gave excuses saying, I have done so much for this old man, I have sacrificed so many things and this and that. So shameless thing the way

people are and they are not ashamed that they are asking for money, money money; for comfort, comfort, comfort. It is very difficult to understand human beings. Once they have gone in a strange way, they can go to very great extent. They don't know how to sacrifice. I have seen when Gandhiji asked people to sacrifice, all the women gave away their ornaments, gave away their lives, went to jails, did all kinds of things to achieve independence. But what independence they have got? Immediately all the thugs of the world became incharge, all the thieves of the world became incharge. What do you say to such a country where every thing that is great and noble goes into waste? Have you been a noble person? Ask yourself. Have you been noble? Have you tried to help others? From the life of Christ we have to know that he lived in poverty. He was king of kings but he lived in poverty, in Greece, and he did everything for people who were sinful, who were in trouble. Such a lot, one person. Now you are so many, so many of you. You all have to do something. Don't live like these corporators but try to do. That you have to sacrifice something of your earnings, something of your luxuries for the sake of your countries, because you are Sahaja Yogis. You are not ordinary people. You

have got your realization. So what are you doing? Are you demanding money from every one or you are giving love to everyone? Let me hear the stories of Sahaja Yogis who are giving love and compassion.

I am sorry today on the day of his Birthday I have to tell about his life which was very very painful otherwise. For us to understand that such a glorious personality, such a great Sahaja Yogi, He had to go through so many problems in his life and his own people troubled him. His own people tried to take advantage of him.

I too have this experience from Sahaja Yogis who got well out of Sahaja Yoga and they tried to trouble me. They tried to make money out of me. Everyone knows. They have such a bad value system that how can you say they are realized souls! So we have to think where we can help others, what we can do for them. This is one of the things one has to learn from the life of the Christ. I was actually born in a Christian family and what I found out among the Christians that extremely they are mean dirty people. They are planning against each other and very money oriented. When my father went to jail they threw us out of Church. To love your country is a sin, it? They did it and when he came back and he became the Mayor of Nagpur, they

were his greatest admirers. They took out a procession . So my father just smiled at it and he said, "See these stupid people." This is complete stupidity and this kind of greed and this kind of stupidity must be stopped. They run after money, they run after positions, they run after also very bad things. Some of them, not the Sahaja Yogis, but they do. But even among Sahaja Yogis I have found people who are very money oriented. They have made money out of Sahaja Yoga. I am such a useless person, I don't understand money. So they could befool me. Alright, does not matter. And for years together they were befooling me! Its alright. Now what to do? What do I need money for? That is the trouble; the trouble is if you are not careful, if you are not very money oriented, others can rob you. I said, 'let them rob', let them do what they like, but I can't develop the temperament by which I can get after people for money. I cannot. I accept what ever account you give me. I accept whatever you say. I know it is sinful, it is wrong. They are not aware of it, I cannot help.

They all will be ruined. All such people. I know that. But what to do if they do not realize themselves. Making money out of Sahaja Yoga, can you imagine? Such a

stupid thing to do is very common, very bad. **I want you all to be above money, to be above all these wordly things and you will never starve, you will never have problems. But do not get mixed up with this kind of nonsensical things.** This is God's work and you should not make money out of it, in no way.

So we have to learn a lot from the great life of Christ who was born as a very humble man and he did such great things. He tried to improve our Agyas and even now if you think of him, your agya will be alright. It will be finished. I know also among Sahaja Yogis there are many people who are very pushing. All the times pushing themselves. For what? What do you want? All the time they are pushing around just like all other stupid people.

So to feel the satisfaction within yourself, just like Christ. you have to meditate and introspect and find out "Are you satisfied with life? You have to be very much satisfied in life, otherwise there is no use having Sahaja Yoga. No use getting your self realization. I bless you from my heart that you take the character of Christ as a model for you and to understand the problems of the world, from the whole world as your own problems.

May God bless you.



Puja at Vaitarna

31 .12.2002

(Pravachan of Her Holiness Mataji Shri Nirmala Devi)

I am very very happy to see so many of you coming down here for the programme. Actually I bought this land at least twenty-five years back and could not do any thing about it, as there were lots of objections, this and that. But then somehow I planned the whole thing and it all worked out. Happy to see you all here, that with all the difficulties, ultimately now you find so many Sahaj Yogis attending this programme of my Puja. I must remember my brother Baba who has worked very hard for the propagation of Indian music, classical music, all types of art, what ever he could do. It is a very sad thing that he is

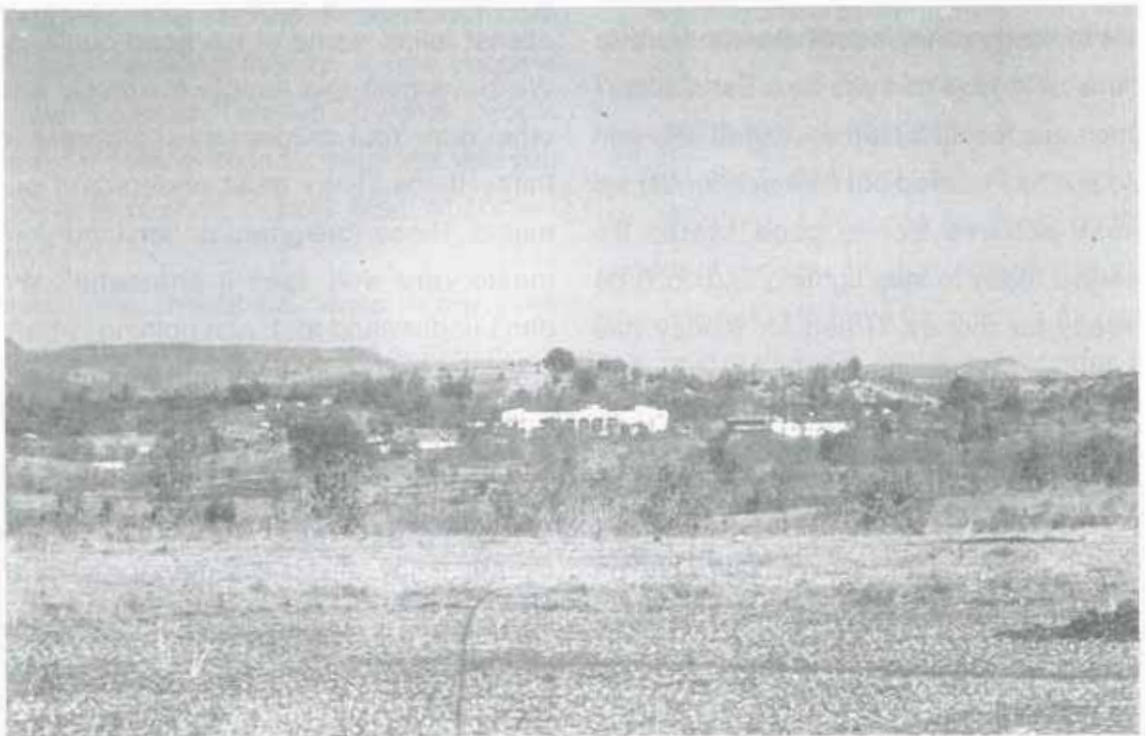
not here today to see you all. He has done so much work relentlessly without expecting any reward whatsoever. And I wish you could have him as your ideal and that will work out everything in that way. There is one thing about him, I know, he never tried to show off anything. He was a very intelligent, educated man but he caught hold of all the people of ordinary living and he looked after them and promoted their skill of music and art. With the same idea, I decided to have this place dedicated to his idea of propagating music and art. And I am happy to see, that, that idea has materialized. But I wish my

brother was here to make you feel very happy about it! He was a very loving and a kind person. Never he used to get angry with anyone, I have seen that. Always he gave a very good picture of every person to me. But you cannot help it.

(Translated from Marathi Part of Speech)

It is the speciality of Maharashtra - Fighting. Very good at fighting. Do any thing for them but nothing enters into their head. They have no understanding, always ready to fight, even with swords. I am fed up with your quarreling nature. This beautiful, building has been constructed for our classical music. They fought even on this and many times I felt why build it in

Maharashtra? No point doing anything for these Maharashtrian people. They fight for some reason or the other. No shame, nothing. If they don't find space to sit, what can we do? No maturity at all. I don't know how there is music in these quarrelsome people and it has grown so much and I am fed up with it. Everybody is complaining about something. Have you not found peace in Sahajayoga? Great Saints and Sages have told so much knowledge in this land but it has no effect at removing our quarrelsome nature. They will fight even on their name, keep behaving foolishly. I don't know when this foolishness is going to be removed from



Maharashtra? They just don't understand peaceful living and absorbing everything peacefully. Just start shouting immediately. Our foreign Sahaja Yogis say, are they uncivilized people? No, No they are very well educated, but very quarrelsome, and why they fight, they only know. Atleast please don't fight in Sahajayoga and be a bit peaceful. At least try, we want to change, isn't it? *Instead of seeing what is wrong with others, see what is wrong with you?* Babamama has done a lot of work in Maharashtra, at Nagpur. People in Nagpur are very active and they helped him. But nobody understands that. You must understand Sahaj Yoga and become a Sadhu. They think very lowly of just making money somehow, run here or there for it. How can you be a Sahajayogi? One must feel that I am a realized soul and Mother has worked out so much for us; we must achieve some good state. So resolve today to stop fighting and don't be greedy for money. Greed for money has made things difficult for Sahajayoga in Maharashtra. I have worked a lot in Maharashtra and have had all sort of experiences. Now please realize that you are a Sahajayogi and live gracefully and be proud of being a Sahajayogi. What is there to fight in Sahajayoga? Is this a political meeting that you must complain about not

being able to sit or not getting to see? I did not want to speak anything but I had no option when I saw you and I had to say. Now if anybody fights, he will be thrown out of Sahajayoga. *If you cannot live lovingly with everyone then why are you in Sahajayoga?* Babamama never got angry with anybody. He would praise everybody. I was thinking how could everybody have such a good state. But Baba brought people together with love, it may be just anybody. He was very selfless; he would never sit in My car, never come to My house. He was very understanding. He also belonged to this Maharashtra, but he was not so aggressive. You have joined the work of such a great personality, so atleast follow some of his good qualities. We have built this temple for music and other arts. Your children must progress in these fields. They must understand our music. These foreigners understand your music very well, isn't it shameful? We don't understand that, just nothing, what's the use? You must have knowledge about music even though you may not be a student of this place. Unless you know what 'Tala' is this, what Raga is this, you cannot enjoy music. I request you all to leave aside quarreling nature and develop goodness within you, this is the work of Sahajayoga, but I sometimes feel that you

cannot reap anything if you sow seeds in unfertile land. But now things are better with many people coming to Sahajayoga. So don't just come to learn Music here. You must learn to behave in a Sahaja way, understand the greatness of Sahaja, or else it is useless. There are many ordinary music schools around. By learning music from these if you are going to break heads of others, it is better you do not learn music. So please, with music bring the music of your life into day-to-day behaviour. Without bringing that music this programme will not achieve its end. Take a vow today, let anybody say anything. The second problem out here is about making money. It has become rather too much. I am fed up with it. People make money even in Sahajayoga. Are you going to change or not? Most important thing is that there should be music in our lives. Instead of having rhythm and *ragdari* in our lives we just keep fighting, thinking bad of others and seeing only self-interest. It is bad.

Now forget what happened in the past. But hereforth only people with understanding, compassion will be brought forward, who will bring all the people together.

Vaitarna 31-12-02

(Translated from Hindi)

Luckily I know Hindi Language. What I have to say is that life should be musical. 'Musical' means to improve the state of mind of human beings, to make it rhythmic and systematic. Without achieving it there is no use; what will be the difference between you and other people? You people also keep on quarreling like others!

Most important thing is that we should have more love and devotion in our hearts. It will bring peace to you and also to others. Without peace music has no meaning. We have constructed this beautiful building as per the ideals of Baba Mama. The purpose is to inculcate music in the lives of people and to make the whole atmosphere peaceful. The world needs peace today, everything else is meaningless.

We have to see how peaceful we are. If the effect of our peace is not there on the people of our country then where else our peace is going to have its effects? All over it is said that India is the messenger of peace. But the reality does not appear to be like that. There is quarreling and fighting every where. I don't know what to say? So those who want to learn music they should have music in their hearts. They should think that it does not behove a musician to run after money and women.

I bless that this institution blossoms



and those who join it should learn music and make their lives musical. I hope you will fulfill this desire of mine. **Whenever you feel angry, whenever you get the fit of temper, whenever you complain, tell yourselves that I am a Sahaj Yogi.** I am a different person. How the Mother has transformed me! If you just understand this thing then the feeling of self respect will awaken in you. If this feeling is not awakened then there is no use, there is no use of material objects. It does not behove you (Sahaja yogis) to quarrel over small small things. Now you have become Saints and seers, very high caliber personalities. But you are not sensitive to this fact. You do not understand that you are saints and seers. You just think

yourself to be beggars on the street which you were before coming to Sahaja Yoga. Today I bless you specially that you should all be musical. May god bless you.

(Speech in English)

Today I wanted to bless you all that you become completely musical in temperament, rhythmic and entertaining to others and not quarrelsome. As you have seen, how the Western music is taking to wrong side, to wrong progress, I don't want you to fall in that trap.

This will all disappear, I know, as it is very destructive. But after coming to Sahaja also if you have the same destructive idea then how can anybody help you? So I hope you will fulfill my ideal.

May God bless you.

Inauguration of the Music Academy

Vaitarna, India, 1st January, 2003

(Pravachan of Her Holiness Mataji Shri Nirmala Devi)

I'm sorry I spoke in Hindi language, because to talk about My father in any other language is very difficult, though he was a master of English language and he used to read a lot. He had a big library of his own where I also learnt English, because my medium of instruction was Marathi. I'd never studied Hindi or English. But because of his library, because I was very fond of reading, I picked up English, whatever it is, and also Hindi. Now they all say I speak very good English and very good Hindi. I am surprised, because to Me they were foreign languages.

And when I did my matriculation also, I had a very small book of English, and for Inter-Science also I had a very small book. And in the Medical College of course there was no question of any language, but because I used to read a lot. So I would suggest to all of you to read, read more. But don't read nonsensical books, very good famous books you must read. That's how I developed my language, and I had to do so well.

By reading that, I could know also so much about the human failings. I didn't

know human beings have those failings, I didn't know. I was absolutely beyond them. After reading everything, I came to know that there are human beings, mostly, who have some failings. Maybe because of ego or may be because of some bad training, because of mother, may be father, whatever it is, the family. And that's how I understood human beings, as they are. Gradually, when I came to Sahaja Yoga, I met many like that, not one - all over, whether in India or outside I saw. But most of them, 99%, Improved. One per cent are still there, hanging in there.

The greatest problem of human beings is ego. If there is ego, you can't do anything about it, because it thinks, "I've done something great that I have this ego". And they cannot appreciate other people, leave alone loving anybody else. 'Ego' means you love yourself, think no end of yourself. So, India is full of it. Abroad also I've seen it's quite a lot, but at least they know there is ego and they can face it. But this country, I don't know what sort of things they do that they develop this ego, and they think they're quite right.

Every country has its own problems, but we have something very great with us is our music. Not musicians, but music. So the musicians should take to Sahaja Yoga. They should meditate. And if a musician is money-oriented, then you cannot help him. Either he should be music-oriented, or money-oriented. When they are money-oriented, they never value themselves, I think. Because if you have music, the talent of music, why should you care for money? And whatever money you give them, they'll be never satisfied. I have seen very great musicians who were never, never money-oriented, who didn't care for power. But we have even now many musicians who I would not say are the last word in music. Those who are, are very humble. They'll always tell you, "We have to still learn a lot. We have to understand a lot."

So I was very much touched, and I was very much enamoured, by the statue of Babamama and of My father being there. Not because they were My brother, or father, but they were very, very great people, and their greatness has touched Me. Baba's quality was that he was a loving man, extremely loving, and very forgiving person. Extremely unassuming and very loving. He never cared for publicity, or he never cared for what

position he was occupying. His humble nature was natural, very natural, very sweet. And he has been with me since his very childhood, so I noticed him. He never had any malice against any one. He never wanted to surpass anyone. Always wanted to be at a zero point. And if anybody troubled him, he used to make him go somewhere with his own tricks. He was very clever. And he had found out that 'I am no good for these crooks,' so he used to handle them very cleverly, and he used to see that they go about. He knew who were the show-offs, and he used to tell me about them: "These people are very big show-offs, and they will try to dominate others, they don't know anything." But the best part of his heart is his poetry. He wrote beautiful poetry.

He was horrible to begin with! I used to write his essays in the school. So his teachers used to say: "Can you write such good essays? And when it comes to exams, then why do you get a big zero?" So he didn't tell them that I'm writing the essays. But then, suddenly, he developed an aptitude for languages: for Marathi, for Hindi, for Urdu, also for English, very surprising! He was very good at Mathematics, because My mother was a mathematician, but suddenly became equipped in languages. And I used to give

him my poetry to correct, so good he was! And he knew Urdu words, Hindi words, English, and Marathi also. So he used to tell me: "The Marathi is very good. If you want to find somebody's faults, Marathi is the best, and the way you can tell them." And lots of words he told me, and so interesting, in Marathi. I said: "Baba, when did you study Marathi?" He said: "I've just come to know."

So his knowledge was all innate, and everybody loved him because of

temperament. He never tried to show off. Never. Very simple man, very simple habits, and always he tried to convince in the people that they should lead such and such life. Without telling them, I don't know how he managed it.

So with his love and attention, now we have so many musicians, so many people here. I am thankful to him and thankful to My father, for whatever they have done for Sahaja Yoga.

May God bless you all.

Makar Sankranti Message 2003

On 14th of January there were about 20 of us at Shri Mataji's daughter's house to celebrate Makar Sankranti Puja. We started decorating the living hall and after about two hours, one could not recognize the place. We had flowers, fruits and vegetables (This is also known as Shakambhari Devi Puja) and also organized an outside caterer.

At about 7.45 pm, Shri Mataji came and was looking marvelous and very fresh-like a true Goddess. She talked about the Sun channel. How we should now worship the Sun and how the Sun protects us during hot summer months. India being an agricultural country, was very dependent on the Sun. How some of us get too Hot, (excessive right-sidedness) due to the Sun channel. Try to be in balance and ask the Sun to help in keeping cool. Shri Mataji also mentioned that this is the day which is

based on the Sun and it never changes, every year Makar Sankranti is celebrated on 14th Jan. The vegetables are grown and the farmer is dependent on the Sun God who also creates the Rain. So best is to be a worshipper of the Sun and ask for His help in keeping you cool.

After this, Shri Mataji asked us to perform Aarti and asked if there was a Harmonium (a very unfortunate situation for us.) Then Shri Mataji asked if any one of us had any questions? Of course not!! A lovely small puja! She then asked all of us to have dinner after the Prasad.

She waited until all of us had had the Prasad dinner and then we sat around Shri Mataji for 15-20 minutes and chatted about the local state of affairs of the Govt. of Maharashtra - (a new Chief Minister Sushil Kumar Shinde was today appointed in place of Deshmukh).

Birthday Felicitations Programme

20 March, 2003

Nirmal Dham, Delhi

(Pravachan of her Holiness Mataji Shri Nirmala Devi)

Today everybody is trying to talk to you in English language because I think they feel the majority of you are speaking English.

I wish I could tell you something new about life. Life goes on moving. Whether you are eighty or ninety makes no difference. Only thing is how much you have used the light that you have got in Sahaja Yoga.

All of you are now enlightened in Sahaja Yoga. All your kundalinis are up and I think you know most of it. But despite that, it's important how much time you devote for the emancipation of human beings, for helping them to come up. Instead of criticizing them, instead of condemning them, your duty is to put them on a higher pedestal, so they respect themselves and respect their Self Realization.

It's very important because I met many Sahaja Yogis to begin with who were very much critical of their colleagues and all other things, but since they have got Realization, they think it's a matter of duty for them, that they should attend to the emancipation of human beings. Then

there won't be any problem of any kind - no political problem, no economic problem, nothing of the kind.

All these problems are created by mind, which is not yet fully developed, I should say. And once it is developed, you are not bothered. You are bothered about others, you are bothered about emancipation of others. It is automatic. I don't have to say that. But you have seen in your lives how your attitudes have changed towards life and that is what is more important than anything else.

Some of you are very successful people in politics, in business and this and that. But you are not satisfied till you give Realization to people, till you make them perfect like yourself.

(I'm) so very happy to see so many people being helped by Sahaja Yoga. I never expected that in My lifetime only I'll see this, but (it) just worked out, worked out so wonderfully. I'm really amazed how things grew so fast and how it has grown into so many countries, into so many people's heart and how they have taken to Sahaja Yoga! They're working not only in

their own country, but also outside. After all, I can't go everywhere now. But despite that, Sahaja Yoga is spreading, which is such a great thing for Me-so satisfying! You have no idea when I hear that Sahaja Yoga has gone to this country and gone to that country.

Practically, they say, in forty-three countries Sahaja Yoga is settled down in a very large way and, in a smaller way, may be, it is in many more. But to hear this also, I never expected that it would work that fast. It's all thanks to you, to you Sahaja Yogis who have achieved this miracle.

I'm thankful to you all, from India and abroad, those who have taken up the flag of emancipation and are moving forward, instead of criticizing, instead of degrading some people. It's very easy to do that. But what about you, yourself rising above all

that and making others rise also?

We can change the whole world and you start understanding the problems of the world and you can get rid of them with your kundalini awakening.

Such a great thing is this kundalini, I tell you, that it makes human beings something superlative. It's all described as sayings of saints and this and that, but a Sahaja Yogi has a greater power and the greater power is that he can make others Sahaja Yogis. He can give Realizations to others. They must use their powers and should try to change the whole world. That's My desire. I don't know in My lifetime I'll achieve it or not. But you all should decide that way and I'm sure it will all work out.

May God bless you. Thank you very much.

Thank you very much.

80th Birthday Puja

21-03-03

Nirmal Dham Delhi

(Pravachan of Her Holiness Mataji Shri Nirmala Devi)

(Translated from Hindi)

Eternal blessings to all of you. In such a big number you have come here to celebrate my birthday! I do not know how do I thank you? So many people have come from abroad and many have come from all over our own country to participate. It moves my heart. I don't know what extraordinary feat I have performed that you all have gathered here to celebrate my birthday! It is the greatness of your hearts that you have come to this far fetched place and honoured me this day. I have no words to tell you as to how overjoyed I am!

(English Pravachan)

What I was telling them, the way you are celebrating My birthday, I am overjoyed and I don't know how to express that joy which is really overflowing.

I really don't know what have I done for you that you have come up with such enthusiasm, with such love. It's your great heart which is appreciating My humble work.

All over the world, Sahaja Yoga has spread and again spreading like fire. That

shows it was the need of the world. It was the need of the people. That's why they have taken to Sahaja Yoga with such enthusiasm.

I could understand in a country like India, where they have talked about Self Realization, but in a country which is not aware of a higher spiritual life, you all should appreciate, assimilate and enjoy Sahaja Yoga as a very great blessing of the times.

These are special times, I think, that you have fallen into this trap of love and enlightenment.

I Myself was not very sure that you would appreciate the love that one can enjoy within yourself. What is the spiritual understanding? I didn't know how you would appreciate and enjoy yourself.

That means you are all very much capable of this tremendous love and this spiritual awakening. No doubt about it. How is it that it has worked out so beautifully? Very surprising and also the way you have got your spiritual powers and the way you are using it, is really beyond understanding, any human

understanding. That's why people don't believe that there's something like Sahaja Yoga, that there is a power in every human being which is universal and which can be enlightened. It's something beyond the conception of human beings that they can achieve this kind of a spiritual growth within themselves.

I wonder how many of you also realize that whatever you have achieved is something great. It is the climax of human development, human growth and all the advancement we have made. This will change, definitely change the world and its understanding.

I'm talking to you today at the time when the war of Iraq is on in a very big way. I don't know what to say, how it is going to work out, but with all your efforts towards peace, it will get solved, I'm sure, and will bring peace everywhere.

We don't want to have wars, but we have to change human beings, otherwise you cannot trust them. This is a very big challenge to all of you. You have to work very hard to get to this idea of giving Realization to everyone, otherwise you cannot stop it just by giving them lectures or threatening them.

The awakening is needed within, which of course, I don't know if everyone will try to have, but as many as can have it,

please try to give them awakening because they are all human beings born at this time and so they deserve it. You have to just try meeting them, talking to them and giving them Self Realization. It's not very difficult. Every one of you can do that. Every one of you have to give to only ten to fifteen people and will change the world. That is our ambition, to change the world to the new style of understanding that we have to live peacefully as human beings. Without any discretion of colour, without any discretion of nations, we all have to live together as human beings. This is the only difference between human beings and animals.

As long as we are not spiritual, it's all right. But if you can transform them into spiritual personalities, I'm sure everything will change. As we have seen now in Sahaja Yoga, it doesn't bother a Sahaja Yogi to quarrel or to fight, but they are so peaceful and gentle with each other.

So today we have to pray that Sahaja Yoga must spread all over the world and that everyone in the world should get realized. You have to promise that you will go out of the way and try to change the human beings who are just misled on their way somewhere. I'm sure once it starts working out, everybody will understand the value of peaceful life as Sahaja Yogis.

We have to do intensive work because you can see human beings needed this. Today that is the need of the hour. At the right time, we are now ready to do Sahaja Yoga and spread it all over, as much as possible, wherever you will see the necessity.

Of course it will work, but otherwise also, whether there is necessity or not, there's an urge in the human beings to rise, rise above all these human failures.

I bless you from My heart, bless you very much, that you carry on your work of Sahaja Yoga, of spreading Sahaja Yoga, of giving Realization. You have got powers. You know you have. Only use that power and give Realization to people. That is one promise you have to make on My birthday.

Thank you very much
80th Birthday Puja Pravachan
(Translated from Hindi)

Today I told them in English language but there is no need to tell it to you (Indians) because the people of this country know as to how significant spiritual life is. They wish to ascend spiritually and make efforts to achieve this end. Some go to Himalayas and others go and sit near the seas. For hours together they work hard and observe fasts.

There is no need to do all this penance. When they come to Sahaja Yoga, they get

their self realization immediately. They get all the blessings. You should go and and tell such people that there is no need to stand on the head (in Shirsha Asna). Sahaja Yoga will come to you without doing any penance. To begin with, they will not believe that it is so easy, but they will be convinced when they see that one after another thousands of people of this country have come to Sahaja Yoga. It is my desire that Sahaja Yoga should spread in a big way in this country. The problems of the people of this country are very small and insignificant. Once you get your realization in Sahaja Yoga, nothing will remain to be done. If the people of this country make little efforts, they could spread Sahaja Yoga and give realization very easily. My eternal blessings to all of you that each one of you gives realization to at least one hundred people. Our numbers have not yet increased so much. Our state is not so immature. It is so easy to understand that Sahaja Yoga is the easiest way and seekers are ready to get it. To the villages or cities, wherever you go, it is suitable for Sahaja Yoga. It is, therefore my desire that you should do it whole-heartedly and next year the number of Sahaja Yogis, who come here, gets doubled.

I thank you very much for the respect

and love that you have given to me. But the way I have desired, each one of you should give realization to at least one hundred people. That is all. Try. If you have faith, then it is my promise that in a year each one of you will give realization to hundred people very easily.

Eternal blessings to you all; eternal blessings. This can be done. Those who do not know this language are doing it, then what is the difficulty for you? The whole preparation has been made for you. Saints and seers have done a lot of work in this country. In no other country, so much was done. So as an Indian, you should think as to how much responsibility lies on your shoulders and how much you could do this work. My hearty blessings to all of you that you succeed in your mission. May your resolve be crowned. This is my hearty blessing. It is hearty and I hope you will imbibe it fully and continue to give Self-realization to people.

Eternal blessings to you all



From Hindu Daily - A Report

March - 2003

(A message for one and all...)

A very special person descended at New Delhi's Nirmal Dham the other day to shower her blessings. To felicitate Her Holiness, Mataji Nirmala Devi, on her 80th birthday yogis gathered to honour this seer for her tireless work spanning across 33 years in nearly 100 countries. The yogis had come not only from every nook and corner of the country but also from across the world. Not only those immersed into spirituality were present but also politicians, civil servants and people from different walks of life collected to catch a glimpse of the venerated Mother and seek her blessings.

An erudite speaker, Mataji Nirmala Devi is the founder and director of Sahaja Yoga or Vishwa Nirmala Dharma, an established Non-Governmental Organisation operating in many countries. For her selfless work and spiritual teachings she has been recognized worldwide by several renowned institutions. In 1993, she was appointed as honorary member of the Presidium of Petrovskaya Academy of Art and Science. One year after that she was presented

with the key to the Brazilian Capital. In 1995 the Indian dispensation gave her a one-hour prime time television series. Even the Chinese Government invited her to speak at the International Women's Conference in Beijing.

On the occasion the Deputy Prime Minister, L.K. Advani said, "Unlike contributions in spheres such as education, which affects only a section of the society normally within the national boundary, contributions in the sphere of spirituality cut across national boundaries."

Gregoire, a leader from Switzerland, mentioned Her methodology on self transformation and creating consciousness that leads to a happy and blissful life. Dr. Wells from the United Kingdom acknowledged the fact that she taught him and numerous followers the technique for overcoming anxiety normally associated with "human level consciousness." Debu Choudhary, one of the doyens of the music world, opined that as music was meditation, it was route to get closer to Mataji Nirmala Devi.

Born into a Christian family of Prasad



and Cornelia Salve, at Chhindwara in Madhya Pradesh, Mataji Nirmala Devi, then only Nirmala, lived with her parents in Mahatma Gandhi's ashram. Her father - a close associate of Mahatma Gandhi - was a renowned scholar, who translated the Quran into Marathi. Her mother was the first woman to receive an honours degree in Mathematics. Actively involved in the freedom struggle to oust the British, Mataji Nirmala Devi participated at the historic Quit India Movement.

Consequently, she was imprisoned

along with other freedom fighters. She married C.P. Srivastava, one of India's best civil servants, who was conferred knighthood by the Queen of England. Later on, she came to know through self-realisation that she had a unique gift which had to be made available to all humankind.

On the occasion, she said, "Most of the problems that emanate in the society today can be traced to the mind that is not fully developed." She also urged people to apply themselves in the emancipation of humankind.

Blessings of the Nature

March - 2003

On the night of 26th December, 2001 i.e. early morning at 3:30 A.M. of 27th December 2001 while returning from the Pandal after having the Divine Darshan of Shri Mataji, towards M.T.D.C. Hotel, we saw a yellow glittering mass of clouds in the sky-nearly above the bungalow where Shri Mataji was staying.

This mass of cloud formed into the Shiva Lingam and then into Shri Ganesha's shape. This formation occurred within (maybe) 90 seconds. It was a breathtaking and a divine scenario!!!!!!!!!!

The whole Shiva Lingam and its base was of black colour as if made from black marble stone. The outer lining of the Lingam and its base was shining and luminiscent with yellow or golden light. The rim of the base was also sparkling as if some precious stones were studded.

Behind this whole Shiva Lingam were white spiral like arranged clouds and each cloud was having a silver lining. Behind these clouds rays of light were coming out. This whole scenario was very beautiful!!!!!!!!!!!!!! But within no time this

whole scene formed again into a yellow glittering mass in the form of Shri Ganesha.Oh!!! We were really blessed by H.H. Shri Mataji.

This whole divine scenario was such as if some experienced artist had drawn it with the brush of an expert and a skillful goldsmith had decorated this divine Shiva Lingam with gold, silver and precious stones.

I wanted to share this divine experience and happiness with all my Sahaj Parivar. We could not take any photo of the Lingam. So I had to try my best to draw/sketch this unique scenario with suitable colours, which were available at home.

The persons in the auto rickshaw were my self i.e. Mrs. Shakuntala Talpady from Baroda, Mrs. Raul (akka) from Baroda, and Mrs. Pushpa Rao from New York.

Mrs. Shakuntala Talpady

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Maha Sahasrara Day

5th May, 1983

(From Nirmala Yoga)

On behalf of all of you, I thank the Sahaja Yogi organizers of Bombay, who have made these arrangements and on my own behalf also, I thank them a lot. This is a beautiful place they have chosen for us. It is also a gift of God, that at this time the thing about which I was going to speak, sitting under the same trees the talk of Sahasrara is taking place. Fourteen years ago or we could say already thirteen years have passed and now the fourteenth year has started, this great work of opening the Sahasrara was accomplished in this world. I have told you about this many times on every Sahasrara day, as to what had happened, how it was done and what is its importance.

But the fourteenth birthday is very important because man lives at fourteen levels and the day he crosses over the fourteenth level, he becomes a complete Sahaja Yogi. Therefore, today Sahaja Yoga has also become Sahaja Yogi.

Like this, God has created fourteen levels within us. If you simply count them, then you know that there are seven Chakras within us. Besides these, there

are two more Chakras, about which you do not talk much-they are the Chakra of Moon (Lalita) & charka of Sun (Shri). Then there is "Hamsa" Chakra. Thus there are three more-seven plus three make ten. Then-there are four chakras above the Sahasrara. And about these chakras also, I have told you - Ardha-Bindu, Bindu, Valaya and Pradakshina. These are the four. After coming to Sahaja Yoga and after your Sahasrara has opened, you have to pass through these four chakras, Ardha-Bindu, Bindu, Valaya and Pradakshina. After passing through these four charkas only, can you say that you have become a Sahaja Yogi.

And if you see from another angle, we have to cross fourteen stages in reaching up to Sahasrara; if you divide them then there are seven chakras situated on Idā Nādi (Channel) and seven on Pinglā Nādi.

When man makes his ascent, he does not do so in straight direction. He comes first to left then goes to right, then again to left and then again to right. And when Kundalini ascends, it also does so, dividing Herself into these two. The reason

for it can be understood if I take the example two ropes. These two ropes together, side by side-in the process of going up or coming down-cross over twice. (Here Shri Mataji explained the rising of Kundalini along Ida & Pingala Nadis; and making 4 loops-two each in opposite directions-(clockwise and anti clockwise) at every chakra.) When Kundalini ascends, you see on the chakra whether the left is caught or the right is caught. Although Kundalini is only one, but on every chakra you see both the things-thus you know whether left is caught or the right.

Thus, within us, if each chakra is divided into these two-left and right-then seven two's are, fourteen; similarly within us first of all fourteen stages have to be crossed before reaching the Sahasrara. And if you understand this-that these seven, and seven above-this way also a path of fourteen is created.

Therefore this thing 'fourteen' is very important in Kundalini Shastra. Very important. It's a very important thing. **We should fully understand that we become entitled to the Blessings of Sahaja Yoga only after rising above these fourteen stages.** We should unceasingly march forward and as we imbibe it, get completely 'dyed' in it.

Rājanā, Birājanā-these words I have said to you many times earlier, also; but today, specially, we should understand that on Sahasrara day what is Rājanā to reign, to be the master, what is Birājanā to assume.

Now, you are sitting, you look at these trees. This is the tree of Shriphala. *Nariyal* is called Shriphala. Coconut is called Shriphala. Shriphala, which is coconut-whether you have ever thought about it or not, I don't know. But it is a thing to be really thought about-'Why is it called Shriphala?'

This grows along the sea-coast and nowhere else. The best fruit grows at the sea coast. The reason is this, that the sea-it is the 'Dharma'. Wherever there is dharma, only there, the Shriphala blossoms. Where there is no dharma, Shriphala will not grow there.

But 'all' things are contained in the sea. All sorts of-cleanliness, dirt; everything is inside it.

This water is also full of salt. It has salt in it. Christ had said that 'You are the salt of the earth'. Means, you can enter into everything. You can impart taste to everything. 'Are the salt'-without salt man cannot live. The 'prāna-shakti' (Life force) that we take-in, if we don't have salt within us, then even that prāna-shakti cannot

work. It is a catalyst. And this salt-it fully organizes for us to live, to live in this world, to live in the 'prapancha' (illusory world). Without salt man would be of no use.

But when this thing rises towards God (Paramātmā), then it leaves all the salt below - everything is left. And when the light of the sun falls on these trees, and with the falling of sun-light as the sap of its leaves and the sap of the whole tree is sucked upwards-because evaporation takes place-then, this water flows upwards through the trunk;-leaving 'everything' it crosses those fourteen things and on reaching the top, is formed Shriphala.

You are that same Shriphala. And it is essential to offer Shriphala to the Devi. Without the offering of Shriphala, the puja is not considered 'Sampanna' (accomplished).

Also Shriphala is made up in a strange way. There is no 'phala' (fruit) in the world like the Shriphala. No part of it (tree) goes waste. Each and every part of it is used. From its leaves down to everything is used. And of Shriphala itself-each and every thing is used.

You can see that the Shriphala is also like human being's Sahasrara. Like the hair we have, the same way Shriphala also has hair. 'This Sahasrara is the Shriphala'. This

has hair on the outside for protection. The protection from death is provided to us by the hair. Therefore hair have been given great respect; hair are great and a very powerful thing-because they protect you. You are protected by them. And inside this-like we have cranial bones-that too you see, that inside the Shriphala there's a hard kind of a covering on the outside, like this. After that inside us-grey matter and white matter-two such things are inside us. In the Shriphala too, you see-white matter and grey matter,... and inside that is water, which is the cerebrospinal fluid inside us. Inside that Shriphala also there is water-that is the limbic area.

So this sākshāt Shriphala, itself is-if, for them (trees) this is the fruit, then for us, 'this' is the fruit. Our brain is the fruit of the whole of our evolution. Whatever has been our evolution to date-that from amoeba, today we have become humans-we have got all that, as a result of this brain. From the brain, all this-whatever we have got-is through this brain. Within this are all kinds of powers; of all kind. Within this is collected all the wealth that has been received by us.

Now, the Atma (Spirit) resides inside this heart and after Sahaja-Yoga its light spreads within us in seven layers, from both sides- that can happen only when

one's Sahasrāra is open.

Till now, we have been doing the same job with our brain; before realization-ego and superego, through these two whatever work is to be done, that we do; nothing except this. Ego and superego, or you can say, 'manas' and ego-with the help of these two we do all our work. But after realization, we work with the help of our Atma. Atma, before realization resides within the heart,-absolutely separate-as a 'Kshétragyā' (witness of the field). Its job : whatsoever it may be-just to witness-it keeps doings. But its light is not in our chitta (attention), it is separate from us. It is not in our chitta.

After realization, it comes into our chitta, first. First it comes into the chitta. And chitta, you know, is in the Void. After that, its light comes into the truth, because with the entering of light into our brain (as the brain gets enlightened) we know the truth. "Know". Doesn't mean that we know through the intellect, but know in reality (Sākshāt) that 'this is the truth'. After that its light is seen in the heart. The heart becomes profound, heart starts expanding, starts becoming vast, its power of love starts increasing. That's why-'Sacchidananda'-Sat, Chitta and Anand (Truth, attention and bliss (joy). Truth within our brain, chitta, within our

dharma; and joy within our Atma-start getting enlightened. Its light spreads gradually at first, this you all know. Its light grows slowly and slowly. It's a subtle thing, very subtle at first, because the gross set-up we live in, in that set-up, it becomes difficult to catch hold of that subtle. Gradually that hold also develops. After that you start to grow, to progress. With the opening of a single curtain of Sahasrāra, the Kundalini comes up. But its light does not start spreading all around just then. The Kundalini has just come up and you have saluted the seat of Sadashiva. Within you, the light of Atma has started flowing hazily. But it has not yet fully blossomed in the brain.

Now, the surprising thing is, that if you want to spread it through your brain, you cannot. Our brain and our heart-now a perfect balance of these will have to be shown. You know well, that when you work too much with your intellect, heart-failure occurs. And when you work too much with your heart, the brain fails. There exists a relationship between them, it already exists. It's a very deep relationship. And because of this deep relationship, when you get your realization their relationship has to become deeper. The relationship between the heart and this brain should be very deep. The moment it gets completely

integrated, your (chitta) attention becomes completely Parameshwer-Swarup, (one with supreme God).

This very thing is also said in Hatha-Yoga, that Manas (super-ego) and Ahamkāra (ego) both get dissolved, 'Laya'. But just by telling like this nobody is going to understand, how could the ego and super-ego get dissolved? So they keep on struggling with super-ego, and ego. Super ego shoots up by overpowering 'Ego' and vice versa. They cannot just understand what this madness is? How will this go? How to win over the super-ego and the ego?

There's only one way out for that- 'Agnya Chakra'. By working on the Agnyā-chakra the two, ego and super-ego get fully dissolved, And as soon as they get dissolved, complete concord is established between the heart and the brain. But there is no harmony. It is this harmony between the heart and the brain that we have to achieve.

So, your heart, becomes the Sahasrāra your Sahasrāra, becomes, the heart. What you think is in your heart; and whatever is in your heart, that only you think. When you get this state then there remain, no doubts, no disbeliefs, no fear; no such thing remains.

Like, when a person fears, what is done to him? He is made to believe through the

brain : "look here, there's nothing to fear. There was no reason to be afraid. Now take a light and see." Although he understands it through his brain, yet he is frightened.

But when both the things become one-you try to understand this point-that the brain, through which you think, which makes your Manas understand, and takes care of it; if that brain itself becomes your Mana (मन), I mean if there's such an instrument which could assume the function of accelerator and brake; and both become 'one', knowing everything, then, only after achieving such a state, you become the perfect Master (Guru). We have to achieve such a state.

By now, you people have progressed a lot; you have reached quite a high level. No doubt now you have become Shriphalas. But I always talk of what is ahead because if this tree is to be climbed, then-have you seen how people climb? If you make some one climb and see, then you will understand that he ties a rope around himself and keeps hooking that rope higher. When that rope is hooked higher up, then with its help, he climbs. In the same way, as we climb, our own rope has always to be kept hooked higher. And only when you learn this, can your climbing be very quick.

But mostly we keep hooking the rope lower. Even after coming to Sahaja Yoga,

we hook the rope lower and say that "Mother' we have made no progress at all". Now, how could there be progress when you hook the rope in the opposite direction and make arrangements for coming down? While coming down, you do not even need to hook the rope. You just loosen it a bit and zoom, you will come down! That arrangement is already made-for coming down. It is to climb up, for which arrangement has to be made. So, to achieve something, hard work has to be put in. And to lose whatever has been achieved, no hard work is required-you come straight down, to the ground; there's no doubt about it.

If you understand this point then you will realize that you have to look up always. Standing on any step of the ladder if one is looking up then his state is higher than the one looking down from the higher step of the ladder. This is why sometimes even very old Sahaja Yogis, come down suddenly. People say that "Mother, he/she was such an old Sahaja Yogi; was for so many years with you; did this, did that"-But they always looked down. Their attitude brought them down. What could I do?

Sight should always be set higher.

If you want to see this fruit (Shriphala), you have to look up. Everyone is looking up. Why? Because-they know-that 'neither

can they get Surya nor do this work, nor could we become Shriphalas.

Tree should be very well observed and understood. You can learn Sahaja Yoga very well from a tree. These are very great Gurus for you. Like, when we look towards a tree, we should first observe how it settles its roots. First, it takes care of and fixes its roots. And to take care of and fix its roots, what does it do? It keeps penetrating and going deep into the roots. This is our dharma, this is to go deep, And with that attention it-sucks, the all pervading power. This is an inverted tree-its better to say this way. These roots Start sucking that all pervading power; and after absorbing it, what has it to do after all? Then its sight goes up and this way that Shriphala is formed.

Your Sahasrara is also like this Shriphala. It is extremely dear to Mother; and this very Sahasrara should be surrendered to Her. Many people said to Me yesterday that: Mother, we feel the coolness (of vibrations) in the hands; also in the feet, but not here (Sahasrara)."

"Who" sits there?"-just know this; the coolness will come from here.

And the one, who is sitting there, is the 'fruit' of 'all' things. The roots of this tree, fixed in the soil below, are also born of it. It's trunk, its hard work, its evolution-'all'

this in the end become that fruit. Everything is inherent in that fruit. You put that fruit in the soil and again the whole thing will be born.

"it is the essence of all, it is the ultimate of all."

So far whatever Divine work has been done in this world, whatever has been done, the quintessence of it all today is our Maha Yoga. And who is the Mistress of it? You know.

So, on such an auspicious time you have come on this earth and received it. So you should feel blessed and becoming like this "Shriphala" you should surrender yourself.

The fruit is picked from the tree when it is ripe, otherwise it is useless. Unripe fruit could not be offered to the Mother.

So maturity, must be achieved and childishness given up. Till childishness remains, you will keep sticking to the tree. How could such a fruit be offered? When it is picked up from the tree and offered, only then is the Puja considered accomplished.

So Shriphala is there before you as a symbol to understand Sahaja Yoga. It is Divine grace that we all have gathered here today and these trees have also helped us in this great celebration. These are all resounding (नादित), vibrating (स्मदित) and are listening to the music and

dancing to its tunes. They are also understanding the significance of the whole thing.

Similarly you also have Shriphalas. They are to be fully ripened and the only way to ripen it is to establish concord with the heart. This concord with the heart is important. There is no difference between the heart and the brain. The heart desires and brain fulfills it. When complete harmony is established between the two only then you get the full benefit.

Now for common people Sahaja Yoga is a very secret thing. They are not going to understand because their daily life is of that level only. Accordingly they move. But your level is different. You must live at 'your own' level. When you look towards others, mostly it is with compassion because what are these poor people? What is going to happen to them? Where will they go? They don't understand. What is their state? On what path are they going to reach? Understand this, you people try to understand that: if, by explaining to them, they understand Sahaja Yoga, even then it's very good. Try to make them understand. But if they do not bother, then there's no use of breaking one's Shriphala. Keep it safely protected.

Its job is much higher. You have got it for a very much higher purpose and keep it at that higher level and only on attaining that

level it could be accomplished. Accomplished (सम्पन्न), wonderful (अद्भुत), unique state you can consider yourself blessed.

Therefore, there's no need to break our heads for meaningless things. There is no need to argue with anyone. But your own state must be maintained and you must not come down. Until this happens, the full surrender which was to be achieved within you, that you have not achieved in Sahaja Yoga. Whatever was to be imbibed, that is not achieved. Whatever growth was to occur, that is not achieved. Whatever was to be your mastery and full growth, that is not achieved and you have got caught in a misconception. Therefore on no false grounds should you think that 'I have become some great Sahaja Yogi' or anything. Greatness makes you humble, you become humble.

Look at these three trees. The breeze from the opposite direction is flowing to them. Actually the trees should bend towards this side, when the breeze is flowing in this direction. But in which direction are the trees bending? Have you ever marked why all the trees are taking that direction? Why? The breeze is coming from that direction (Sea) and pushing them, even then, why are the trees bending towards that side? And if

this breeze does not blow then one doesn't know how much further they may bend!

Because they know that 'It' (Sea) is the one who is the Giver of everything. Being reverent and extremely humble, (नतमस्तक) they are bowing to it. And the one 'the Giver', is the 'Dharma'. The dharma which is inside us, when it gets fully awakened, starts fully manifesting, only then will the Shriphala inside us be so sweet, beautiful and nourishing. And then the world will get to know from your life itself, and not from anything else, that 'what you are'.

Now, fourteen times you have celebrated the birthday of this Sahasrara, and no one knows how many more years you will celebrate. But till this Sahasrara day, whenever you celebrated the birthday, your Sahasrara has also been opening and growing, along with it.

Accepting any kind of compromise, or letting oneself loose, does not behove a Sahaja Yogi. A person who is a Sahaja Yogi, should bravely make his path and move forward. Facing all obstacles-the family, this, that, all such pulls have no meaning. These have been with you a thousand times. In this life you have to achieve and with you, if others also get, then it is their good luck. It is their fortune, if they don't get it, will you pull them up by your hands?

'It is like tying big stones to legs and going into the sea and requesting the sea, to take you across'. The sea will reply, "First remove those stones tied to your feet, otherwise how can I carry you across?" To your feet you have tied these huge rocks. It is better to get rid of them, and if you can't cut them off then at least do this, -keep yourself away from them. You have to discard all such things with which you have tied your feet and rise higher. Tell them to do 'whatever you want to but have nothing to do with us'. Because there are so many more badhas which are useless to be attached to.

Look at the way these trees hold such a heavy fruit so high. How heavy is this fruit- it has water inside! It holds this fruit high. In the same way you have to hold your head high and while holding it high, remember that the head should be respectfully bowed towards the sea-the sea, which is the symbol of dharma. One should humbly bow down before the Dharma. Many Sahaja Yogis do not understand that unless and until we get established in the dharma, we cannot be Sahaja yogis. They go on committing all kinds of mistakes. Many of them take tobacco, smoke cigarettes and drink liquor; keep doing all this and then they say, 'We have not

progressed in Sahaja Yoga'. How could it there be? You yourself are after your own life!

There are some small rules in Sahaja Yoga-'very simple and straight-forward'. You have to use the power that has been given to you. Practice it in your behaviour. The biggest quality of these trees is their humility towards the sea and the expression of their innate love. Dedicating the gift of the Divine love to its giver-The Almighty, you have to remember that this is to be given to all.

Finally, it should be said that I do not reside in the brain, or the Sahasrara in which there is no love. The only thought that the brain should have is - 'what is to be done to express this love'? By deep thinking you will know that I am saying the same thing: "How can we fill our hearts with love?" We should only consider; 'whether-I am doing, it in love? Is this being done in love? All that I am doing, is it in love? Is my talking and all my activities are being done in love?' In love you can even beat someone, there is no harm in that. But is it really being done in love?

The Devi killed so many Rakshasas. But She killed them in love. Even they were loved! And so, in order that they may not further deteriorate from Rakshas to Maharakshas and also for the love for Her

Bhaktas (devotees), in order to save them, She killed the Rakshasas. That Anant Shakti (limitless power) also, is the expression of love only. All that she does is real good to them (Hita). It is love.

So, are you expressing that sort of love which does them real good? This has to be thought about. And if you are really doing that then you have accomplished which I have been speaking, namely "that concord" Then that concord has got established in you. There is only one Shakti (power) which we may call 'Love' and it is only 'Love' that shapes things to become beautiful, shapely and fully organized. Dry thoughts are meaningless. And you know that dry thoughts emanate from ego. Some thing which comes from super-ego may well make it look extremely beautiful but within it is quite hollow. Therefore, one thing is dirty but dry, the

other thing looks beautiful but is incapable of giving any joy (नीरस Neeras), is absolutely hollow. One is without joy and the other quite hollow. There could be no harmony between these two because they are contrary to each other.

But after realization and after coming to Sahaja Yoga, all contrariness is lost, and the two things which appeared to be against each other seem to become two parts of one thing only. And this happening should take place within you. Only the day when this happening takes place within us, can we accept that we have fully celebrated the 14th birthday of our Sahasrara.

May God bless you. And on this auspicious occasion, on My own behalf, on behalf of all Devatas (Deities) and on behalf of Paramatma eternal blessings (Anant Ashirvad) to you all.

Gratitude Expressed

March 21, 2003

Phalgun Krishana

Chaturthi of Shaliwahan Shaka 1924

HER HOLINESS SRI ADISHAKTI MATAJI

Today, we all the Sahaja Yogi brothers, and sisters of the world offer our sincere Salutatis at your lotus feet.

As indicated by your Holiness, by your incarnation in this world, the blossom time of evolution of Humanity has begun. About the blossom time, Lord Srikrishna in Hymn 35 of Chapter X of the 'Bhagvat Gita (entitled "The Yoga of Divine Glories i.e. Brahmavidya) describes as under :-

MASANAM MARGSHIRSHOHAM,
RITUNAM KUSUMAKARAH (II)

Months of Phalgun & Chaitra of Indian Calender, which are usually March & April are considered as 'Spring Season'. So Lord Krishna says in the above Hymn,

I am Margshisha Month (out of 12 months of Indian Calendar)

I am Kusumakara i.e. Spring Season (out of seasons of Indian Subcontinent)

Spring Season is considered as the king of Seasons.

Poet Mukteshwara while upholding the description of this spring season says, that 'The Spring is usually, leisurely resting on the dust of flower petals (as the flowers are abundant at this time of the year), In these

months of March & April, spring season is leisurely poised on the polls of flowers. One can observe & gaze at the tender leaves of the trees every where, attracting ones attention. These banners of transparent rosy leaves of the trees are dancing with the cool breeze and are hailing like the banners of the glamour of Sahaja Yoga, Which are eye catching. In these months, many a trees, are adorned with blossom of immaculately white (Nirmal) flowers spreading the aroma in the atmosphere and some are carrying the bumper crop of green fruits like grapes, Mangos, Guavas etc.

The beauty of Chaitra month (Starting at the end March or April) increases, with the nests of birds hanging on the trees and gives the sense of fulfillment as per the manifestation of souls of Sahaja Yogis. These yellowish, grayish nests of different sizes appearing everywhere in the pictorial language of the spring season appear beautiful & give solace to the human mind, like the magic of semicolons (visible clearly in the photographs due to Vishnumaya) that emanate in the divine vibrations flowing by your grace.



The cuckoo welcomes these eyecatching sweet months, by enchanting cooling; similar to the amazing musical sounds of 'Anahat Chakra' emanating from the hearts of Sahaja Yogis. And all the Sahaja Yoga family throughout the world Celebrates the first day of Chaitra month by raising the 'gudis' (traditional welcoming of the deities) & hanging flower decorations on down entrances, as if entrances to the hearts in the form of fulfillment & satisfaction.

By sweet chance of time, 21st March, 2004, The holiest day of your 81 birthday, falls on the first day of chaitra (Gudi Padwa) of Shaliwahan Shaka 1926 & Sahaja Yoga Shaka 24 & all Sahaja Yogis

& Sahaja Yoginis throughout the world will have the opportunity to celebrate this Amrit Yoga.

We all the Sahaja Yoga family of the world pray with full reverence at your lotus feet, that, the coming year (80th year) be joyful for you in every way & become the most fortunate one to witness all round development of Sahaja Yoga. Similarly the attention of all Sahaja Yogi brothers & Sisters throughout the world be unitedly fixed at your lotus feet with permanent sense of dedication & devotion enjoying your Divine Vibrations.

Jai Shri Mataji
All your Children
Throughout the world



