

The Divine Cool Breeze



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I am always present with each one of you all the time
Shri Mataji's Letter

MATAJI NIRMALA DEVI
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August 2, 2003

My Beloved Children

The Sahaja Yogis of North and South America, I am happy to receive your invitation about the forthcoming Shri Krishna Puja in Canajohre.

Presently, I am in Pratishtan, Pune, India and will not be able to travel at this time, but **I am always present with each one of you all the time.** I know that all Sahaj Yogis of the world are upholding the ethical, spiritual, moral values emanating from Lord Krishna. This is an occasion to reaffirm your resolve and to intensify your efforts to spread Sahaja Yoga.

WITH ALL MY LOVE & BLESSINGS
MATAJI NIRMALA DEVI

Shri Mataji's Visit to Paris

Saturday, August 02, 2003

It is with great joy that we write this account of the brief but eternal passage of Shri Mataji in Paris last week. With less than twenty-four hours notice (which was the perfect for a French tendency to overplan), we prepared ourselves to receive the Adi Shakti, who would be coming with Sir C.P. on their way to Bombay.

We were doubly blessed, because as Shri Mataji does not have the habit of travelling on Wednesday, and as Her flight arrived from Milan, Tuesday evening, we were assured of Her Divine Presence for at least 36 hours.

Having had a good experience a few years ago at the Hilton Hotel at Roissy Airport, we decided once again to select a suite in this hotel to welcome Shri Mataji and Sir C.P. With only hours to prepare, yogis and yoginis did their best to clean, vibrate, decorate, and stay in thoughtless awareness.

At about eight-thirty p.m., half an hour before the flight was scheduled to arrive, the hotel team put the finishing touches to bedroom, bathroom, and sitting room, before sitting down in meditation (and in intense excitement) to await Shri Mataji's arrival.

At the airport Sahaja Yogis had gathered, those lucky ones who were not away on holiday and could be contacted at such short notice and when Shri Mataji arrived radiant and smiling, Her first words

were, 'Your desire was so strong that here I am'. She accepted flowers and then was ushered into a waiting car which took Her to the hotel.

With all the worry and rumors circulating about our Mother's health we were really not sure what to expect. In our mental projection Shri Mataji would be tired and needing constant rest. Perhaps She would not come out of Her room during the entire stay. And by no means was She to be disturbed. Well, Shri Mahamaya shattered one by one our conditionings and concerned expectations. Her radiance, energy, and graciousness lifted us up into that world of vibrations where time stands still and everything is possible.

Wednesday morning dawned with a very pleasant temperature (in contrast to the unbearably hot and dry summer France had been having) and blue skies. Shri Mataji agreed to a shopping excursion in Paris; so preparations were quickly made and two cars set off early in the afternoon for Place Vendome, one of the most chic shopping areas of Paris.

Shri Mataji chose fabric for several saris for Her Family and Herself, and yogis who were present remarked how they felt their nabhis open completely as Shri Mataji shopped. We felt the working on the subtle level for Paris and for France, a country where

generosity is not a hallmark. With a great deal of determination Majid succeeded in offering Shri Mataji the saris on behalf of the French collective. A great blessing for this country which has unfortunately been on the wrong side of the Divine on many occasions.

Shri Mataji rested in the car on the way back to the hotel, and upon arrival was once again full of joy and energy. After dining, She asked one yogi where all the Sahaja Yogis were? He replied that they were at Montfermeil (The main ashram) meditating. Majid suggested that the yogis could come the following morning to see Her off. Shri Mataji wanted to see the yogis now.

Quick phone calls were made, and a car was sent to gather yogis as quickly as possible. But sooner than we knew it those of us at the hotel were ushered into Shri Mataji's saloon where She was waiting to address us. We were about twenty yogis from France and abroad (There were two Sahaja Yogis, Welsh and Austrian, who because of their jobs spend two out of every four weeks at this very hotel as fate would have it, who should come to their hotel but the Adi Shakti Herself)

Shri Mataji commented on the lack of basic comforts in the hotel, how low all of the furniture was, how, despite the name and reputation of the hotel there was no real comfort provided! She urged us to write to the management expressing our

dissatisfaction, saying we should do so because Sir C.P. even when dissatisfied, was so diplomatic, that nothing ever resulted from it. Sir C.P. then told a little joke about diplomats, how they are always saying, "On the one hand it is like this but on the other hand it is like that and so that now the people are waiting for a diplomat with only one hand."

Shri Mataji said that She was thinking of buying some land in the area and constructing a hotel to show the French what comfort really is! Just as our Left Vishuddhis were starting to twinge - oh, we chose the wrong hotel, Mother is not happy - Mother soothed us by adding that the hotel was very conveniently located, that it was a good place for us to meet and good for Sahaja Yoga (The same two yogis who work there will soon be starting programmes.)

After Shri Mataji blessed us we took leave and Shri Mataji retired to Her bedroom. But the night was yonug! After a few minutes She suggested to Majid, 'Let's go out for a ride'. It was somewhere around eleven o'clock p.m. Yogis who had cars scrambled for their keys at this news, and those who had not, ran out to jump into any available seat, as five cars full of yogis prepared to follow a blue Peugeot 607, destination unknown.

In fact, inside the Peugeot 607 it was destination unknown as well, as Shri Mataji asked, 'so, where should we go?' And

Christian (driving) and Majid asked themselves where could they go from Roissy airport at eleven o'clock at night on a Wednesday? Christian had the idea of a manor-type hotel about fifteen minutes from the airport. We only knew of it's existence because we had looked on the internet at possible hotels, for Shri Mataji, close to the airport.

After getting lost briefly, the group of cars pulled in to the long tree-lined drive of the hotel. They entered the hotel lobby, and Shri Mataji observed a display case of antiques. The receptionist mentioned that everything was for sale, but she then could not find the keys to the case. After some searching the keys were found, and Shri Mataji examined many of the pieces in the case. There was other display cases, which were duly opened, and Shri Mataji purchased several pieces, to the surprise and delight of the yogis, as well as the very surprised hotel staff!

Shri Mataji decided to return back to the hotel, where meanwhile many more yogis had gathered having heard the message that

Shri Mataji wanted to see them. They lined the corridor leading to Mother's suite. Once inside, Shri Mataji and Sir C.P. took their dinner. The night was not yet over, as a Hindi film was next on the programme, lasting until about four or five o'clock in the morning.

Fresh as ever, at seven-thirty the next (well, the same) morning, Shri Mataji had her tea, resplendent in a beautiful white sari with a red and pale green floral design. The two hundred-plus kilos of baggage had gone ahead to the airport, with a slightly nervous Majid, as there were only four passengers travelling. But with the vibrations all went smoothly, as the check-in clerk was so concerned that each bag be properly labelled with the passenger's name, that she seemed to forget to count the number of bags as well as their weight.

Shri Mataji and Sir C.P. soon arrived at the airport, Sir C.P. commenting that this trip to Paris had been a very memorable one would be an understatement indeed! Shri Mataji smiled at all present and our hearts swelled with that joyous sadness, She is leaving, but She has come!

GURU PUJA

CABELLA, JULY 13, 2003

PRAVACHAN OF HER HOLINESS MATAJI SHRI NIRMALA DEVI

Today's Puja is very great Puja for me, because I suddenly find that my grand daughter is missing, and I got upset with it very much. Look at me, supposed to be Adi Shakti! and why should I get so upset about my grand daughter missing. It was just a human nature which I realised all of us have.

If we have some responsibility and we are not there we get upset. Thank God there are very few children here, most of them have gone, but we are all children the way we worry, the way we are anxious. Today I would like all of you to say that a new year has come, and in this new year we all should have a new proposal about ourselves and that proposal is very difficult for people to make out, that we are not responsible for anyone. We are our own and we live with ourselves. It's very difficult.

Of course those who have no children are very happy people that way, but those who have, those who have certain responsibilities and commitments, they are still hanging in the air; they are nowhere near Sahaja Yoga, I must say. Our main responsibility is ourselves, is to know ourselves and to depend on ourselves. It is a very big responsibility because now as we will be having big functions and we might feel that we are lost in it. Please try to remember that you have to remember yourself, you have to know that you are there, that's the message I wanted to give you, I hope you" I think it over.

May God bless you all.

56th Wedding Anniversary Celebrations

Sofia College Auditorium

Mumbai-7-04-2003

Shri Mataji looked wonderful and radiant, as always, in a red sari with a design of little gold stars. Mother was sitting on the throne that usually lies at Belapur hospital, and many people had brought flowers, some of which were put on the stage as decorations. People came from all over India - some had flown in for the evening, and there were a few foreigners, but mostly it was Sahaja Yogis from Mumbai and Maharashtra.

First of all seven ladies from Mumbai did aarti to Shri Mataji to welcome Her. Then children, members of local Sahaja Yoga groups, came in couples to give flowers to Shri Mataji and Sir C.P. Each couple was dressed as a deity and His shakti.

I later saw a young person still covered in bluish-white powder and the traditional hairstyle of Lord Shiva, a little girl dressed charmingly in a white sari and holding a musical instrument was Shri Saraswati and another small person, in a white gown, had a false beard and longish hair to represent Lord Jesus. They were very sweet and innocent, but also symbolic, as they came in, and knelt before our Divine Mother, couple after couple.

The music consisted mostly of a group of musicians and a man who sang forcibly and joyfully in praise of Shri Mataji in Her many forms. At times, he encouraged

us to join in the chorus. It was a very light and joyful evening.

A large cake was brought in and together Sir C.P. and Shri Mataji cut it, and later everyone of us present was given as prasad.

At the end, representatives from the different states of India and various foreigners, on behalf of their countries, came and presented flowers and gifts. After Shri Mataji had left, all thousand or so of us were offered a delicious meal and prasad, served in the gardens of the college where the function was held.

Lecture of Sir C.P. Srivastava

It is said that marriages are made in heaven and that is certainly true in my case. I must be the luckiest man in the whole universe.

Your Shri Mataji has been a wonderful wife, a wonderful mother, an equally wonderful grandmother and now also a great-grandmother. She has spoiled me all these fifty-six years by giving me excellent food and looking after me all the time. It was because of her generosity that I was able to work very hard in the office, but then I came back to a wonderful thing at home.

She has been so kind to all my relations. You know, when relations came to our house, She would look after them in

exactly the same way as She would look after Her own daughters. She would never make any distinction between one child or another.

The family, that she has given - the two daughters are wonderful, Kalpana is here. I want to thank Her for all that She has done for me for fifty-six years. But I want to thank Her more, even more, for all She has done to the world. She has created a new humanity. She has done what no other person, no other person that I know or have read about, has been able to do, to have thousands and thousands of angels, people who are wedded to goodness, are wedded to purity, who are wedded to the concept of one human family.

You know, in the world today there is conflict everywhere. You read the newspaper and you find everywhere there are problems. But there is only one world, which is Her world, which is sitting here, which is beautiful, pure and chaste and which is the future of humankind.

On the occasion of Her birthday, She invited you over to create Sahaja Yogis. She said if each one of you could transform a hundred more persons, the world would be a different place to live in. And I want to tell you, this is not mere talk. This is the most important, most crucial need that we have in the world. We have a choice now and the choice is stark, either we move towards saving humanity or we move towards destruction. She is the one who is the only

force in the world. There is no other force in the world that I know. She is bringing North and South together, East and West together.

As I said to my audience somewhere else, these are directions for navigation, but they are not for dividing humanity. Humanity is one. She has brought people of all faiths, of all races, all religions, together. Can you name one single person who is doing that today? They are all dividing. They are all saying, 'My God is the best.' Can You imagine? Can there be two Gods? Can there be two Almightyies? There Cannot be two Almightyies. There can be only one and She is his only Incarnation.

Speech of Shri Mataji

I just want to thank you all from my heart for coming to celebrate this anniversary with your love. I can't do more than to thank you. Really - how you people have appreciated My humble work! Moreover, it is a work of just love. Love is the greatest quality of human beings. And if you have developed that, then you will forget all other things. Because love has its own reward. And the reward is here. I can see it.

I am nothing special, except that I love everyone very much. And don't think anybody is to be condemned because I have seen people coming out of all their problems, their smaller minds into a bigger area in which they are capable of giving love. I must say that whatever was my faith has worked

very well. And it is very nice thing to see how many of you have understood My love and have spread love among yourselves. Our human problem is one and that is that we don't know how to love each other. If we could understand that, then we would understand all this love. We really enjoy this love. You don't have to sacrifice anything, don't have to give away anything. It is all there and you enjoy. It is reciprocal. You enjoy

giving love to others. Maybe some of your experiences may not be that good, but most of the people who are human beings have a special temperament of loving each other and this is to be shared and this is to be enjoyed. I have enjoyed it and you all have also enjoyed it. So I have said continue to do that and spread your love all over.

Thank You.



**MESSAGE GIVEN BY OUR HOLY MOTHER TO
YUVA SHAKTI AT PRATISTHAN
(18 MARCH 2000)**

I am grateful for what all you have done for me. I would be glad if you all grow deeper into Sahajayoga. Many of you are good Sahajis.

You must remember that you have to become ideal yogis because you have to transform the whole world. That is what your Mother expects from you, that is my only desire. Everything else is futile, of no value. Then only you enjoy being in the Kingdom of the Divine.

You must meditate everyday, that is the only way to mature in Sahajyoga. You have to save all those unfortunate drug addicts also. Let you emit love, compassion and generosity.

May God bless you all

Parvachan of Her Holiness Mataji Shri Nirmala Devi

Bhartiya Vidya Bhawan, Bombay

May 27, 1976

In Dadar I told you how the state of thoughtless awareness is achieved in Sahaja Yoga. After attaining oneness with the Divine one should get nearness (सामीप्य) and then salvation (सालोक्य). However the interests of the seeker change immediately after attaining oneness (तादात्म्य).

On achieving oneness (तादात्म्य), person gets experiences and because of them he doesn't want to attain the state of nearness (समीप्य) and salvation (सालोक्य). When the Divine cool vibrations start flowing from your hands and Kundalini of other people recognises you and you are able to raise the kundalini of others then your attention wishes to look at the Kundalini of others and know about your own Kundalini. One wishes to be conscious towards one's own chakras and tries to understand the Chakras of other people. If you look towards the sky, even if it is cloudy, then you will see different types of Kundalinis. Because now your attention is on the Kundalini and you will know whatever you want to know, whatever you want to see, whatever nearness you want to attain about the Kundalini. All other interests get vanished by themselves. From childhood it is like when you enter into youth then your interests shift to your job, business, wife, children and the remaining all interests and experiences keep vanishing and your attention now goes to new experiences. Or it could be compared with a

person who is not interested in music but somehow his interest in music gets developed in classical music-then he will not be able to enjoy himself in any concert of non-classical music.

Your state in Sahajyoga should also be the same. Infact all other habits, desires develop in you very slowly, with efforts. And that is the reason they get deep rooted in you although Sahajyoga has brought revolution (transformation) in you. You have entered into a new awareness, you understand vibrations, you could see the Kundalini of others and give self-realisation to many people. You could give realisation to many people, you have cured many of them, you have entered into a new power and you are all nourished by it.

But the draw-back in it is that every thing has got done automatically, you had to make no effort for it. Every thing has got done without any effort. That might be the reason that many people in Sahaj yoga get vibrations, rise to a higher level, yet their attention does not remain on the God, the Spirit and the Kundalini. Still, again and again, it shifts to wrong objects.

You asked that what is to be done after receiving Realisation. After receiving it is to be given. It is most essential that after receiving you have to give otherwise the receiving is meaningless. And while giving one thing is to be remembered that with the

body, mind and intellect and the whole personality with which you are giving this unique gift, that itself should be very enchanting. Your body should be very clean. It should be disease free. If you have some disease-many Sahajyogis might be having some disease of the body-then before coming to Sahaj Yoga you might be yearning to get this disease cured. But after coming to Sahaj Yoga their attention will not stick to the diseases-'Oh!, it's alright, it will be cured', It's not correct. Whenever you have some problem you may just put your hand on the affected part and remove the problem. You could keep your physical side very pure; not much is to be done for it. To take bath, maintain cleanliness and set your physical side alright.

For this I have told that early in the morning you have to go to bathroom and cleanse your body. For Sahajyogis it is essential to sit in water for five minutes before going to bed. You may be anyone, very highly evolved and may say that 'we do not catch'- does not matter. For five minutes you should sit in the water (footsoaking). To set precedent for you, I also sit-in the water so that you also follow suite. Although it is unnecessary for me to do so. It is a very good habit. All the Sahajyogis should sit in the water for five minutes daily. Light a candle before the photograph, apply kumkum, put your hands towards the photograph and both your feet in the water. Half of your problems will

get solved if you do that regularly. Whatever may come, it is not difficult to give five minutes. **Before going to bed you all must sit in the water. More than half of your catches will vanish by this practice.**

In the morning, get up early. Sahaj Yoga could be worked out during the day time, not at night. So, we should go to bed early. I am not asking you to sleep at 6 o'clock in the evening but by ten o'clock you should sleep. It should not be later than that. Get up early in the morning.

Get up early in the morning, take your bath and meditate. In the morning you must meditate. Many people in our country get up early, wash their faces-they have been doing it regularly, for the whole life. Similarly everybody should get up early and Sahajyogis should meditate. It is to be made a habit. But I have seen that for some people it is difficult to get up at 4 or 5 o'clock in the morning. There is one reason for it. I have studied human nature a lot and understood it very subtly. It is very interesting, very interesting to study human nature. How one runs with oneself, how one argues with oneself, it is something to be observed in man. To insult himself how he himself gives explanation and reationalizes. Sometime it happens that people say, "Shri Mataji, we cannot get up early". What time do you go to bed at night? Twelve o'clock, but I decided that I shall get up at four. It cannot be. But some day you sleep early and get up early next morning, then next

evening you will have to sleep early, otherwise you cannot get up early in the morning. For two days you follow it strictly and your body will be used to it. It will become your habit.

The benefit of early rising is that in the early hours, seekers' receptivity is more than other times. Not only that, in these hours the whole atmosphere remains saturated with beautiful chaitanya (Vibrations).

So I have told you from the point of view of the body and that you have to get up early and meditate. Now think how to meditate-how to meditate in the morning.

Be very humble, make your heart very humble. Humility is the first requirement. Humble down yourself.

If someone gets the idea that 'I have achieved much or have become a big saint or great soul, then you should take it that such a person is gone from Sahaja Yoga. Very humbly looking into your heart with bowed head, putting your hands towards the photograph, you have to sit very peacefully after obtaining permission (from the Divine).

At every step one has to ask for forgiveness. So at that time also after asking for forgiveness-that "If some mistake has been done by me, please forgive me and establish me in meditation". Those who have committed mistakes against me, if they ask for forgiveness, I forgive them all. With pure feelings in the heart get into meditation. Close your eyes and keep your attention on the spirit.

Meditate very humbly.

But before getting into meditation you have to understand that you have to give bandhan to the seat (Aasana), when you sit for meditation give yourself, your body a bandhan, give bandhan to your body seven times. It's all being done mechanically, outwardly because some people ritually just move their hands and it is all over. But it is not enough.

With intense devotion, the way you sit in Puja, sit silently and put bandhan. At that time your mind should be free of all other things like bring this, bring that etc. It is not to be done.

Then give bandhan to your Mana. Now where this Mana is? No one has asked this question from me so far. Mana is here, its beginning is here-I mean put a nice bandhan to your Vishuddhi and Agya Chakra and think that 'O Divine! Let us be in your bandhan, no negativity should affect us. Do it very humbly. At that time you have to think that we are witnesses, away from all objects, we are pure, we are not attached to these objects. Detaching yourself from everything you are sitting for meditation.

Make this effort daily and slowly it will become your habit. Meditate with intense faith. In the morning it could be for ten minutes or half an hour-makes no difference. While meditating do not move your hands up and down. Slowly close your eyes while constantly looking at the photograph. There is no need

to move your hands and feet. At that time you could cleanse any of your obstructed chakra merely by looking at it with your attention because at that time, as I have said, receptivity is intense-in the morning hours.

After cleansing your plexuses think of divinity (Atma-tatva) or your Self. Put your attention on the Atma (Spirit). Where Atma is placed in the body? No one has asked so far that, "Shri Mataji, where is Atma placed?"

The Spirit is in our heart but its seat (pitha) is above, in the Sahasrara. That is why I said that be humble at heart and put your attention on Sahasrara and be surrendered to the Atma (Spirit). Knowingly we surrender to Atma.

What is the essence of Atma (Spirit)? Atma-tatva, the essence of spirit, is-complete purity. Look to that, it is fully detached, not attached with anything at all. Because of attachments you are away from the Spirit. Think of the essence of the spirit. This essence is 'love', think of it again and again. It is a great thought. The essence of the Spirit is Love.

Many religions were founded in this world but no one could explain love. That is why there was lot of contrariety (विपर्यास). Love could not be explained. This love is the same power which is flowing from your hands. This is the 'Awareness' (चेतना) which people know about, but no one knows that it is nothing but love. 'Awaneness', we think is just like electricity and fan. No;

Love is the essence of the Spirit.

Only with the uttering of the word 'Love', many of your attachments will go away. All that is untruth is against Love. By scolding someone if you are telling him the truth then actually it is Love. You are yourself nothing but love. So by thinking about the essence of Love you could get into the essence of Spirit.

While meditating you do not have to get into any particular thought but you can say that, "I am that essence of Love, I am that essence of the Spirit, I am that power of the Divine." You can repeat it. By repeating it two or three times you will be blessed because you are saying the truth. Vibrations will start emanating from you with force.

What have we to do in day-to-day life? In day-to-day life, you should know that power in you is that of 'Love'. Whatever you are doing, are you doing in love? Or are you doing it just to show off that you are such a great Sahajyogi? When I myself tell something or scold someone, then I see that the next day they come, sit in Sahajyogis and abuse Me. Then they ask, 'why have my vibrations gone?' If you commit this type of stupidity then it will be better that you do not come to Sahaja Yoga.

Sahaja Yoga is meant only for those who could go by it and those who really wish to attain something. He has no right to give anything, he has only to take from Me. If

someone wishes to give, if he has that power then it would be wonderful. **But until you know how to take, you cannot give.** So, first learn how to take. What are the defects in us? In daily life we have to see that what are we giving? Are we giving love? Are we ourselves established in love? We quarrel with everyone, fight with everyone, harass everyone, still we regard ourselves to be Sahajyogis! We should not remain in this confusion; we should be clear about ourselves like the image in the mirror. I mean observe yourself every moment. Suppose something has stained my forehead, you will tell me that, "Shri Mataji, some stain is there on your forehead, please wipe it off". Similarly, keep watching yourself and see if there is some stain, wipe it off immediately.

Your day-to-day life should be enlightened. There should be radiance on your face. Your behaviour should be beautiful. You should be loving. Like camel if you are dry then you are not a Sahajyogi. You should be aware of it. You have become Sahajyogi in the name only. Somehow I am driving you, that is why you are sitting here. If you don't want to improve please forgive me and do not come to Sahaja Yoga. One day you, yourself, will go away from Sahaja Yoga. Such people, who have no feeling of love and think themselves to be very nice, very great, this, that, they are altogether useless for Sahaja Yoga. Such people should go away, taste the shoebeating of other

Guru and be there.

In Sahaja Yoga you have come to become as instrument of the God. You should be very humble, humility should be in you. You should give up your ego. People say that one should become ascetic. I say, first of all you should renounce your ego. Get rid off as your ego. Do not renounce your clothes. Giving up of clothes is no renouncement (Sanyasa). Sanyasa means renouncement of ego, lust, attachment, anger and jealousy-the six enemies (Shat-Ripu). Only then one becomes a ascetic. There is no other Sanyasa at all.

So in our day to day life you should be very peaceful in your behaviour and deal with people very lovingly. Talk to your children, family members and all others about Sahaja Yoga. Explain Sahaja Yoga to them. Change your friends, change your company. These (Sahajyogis) are your relatives, these are your own, talk to them. They will tell you that we have entered a new world and we have vibrations in us.

Whenever you have to travel, whenever you go out, go to any village-these people from Rahuri were telling that, "along with our travelling articles we carry a little 'Teerth' (water vibrated by my feet), and vibrated Kumkum along with us. If we find someone who is sick, we give to him a little of Teerth to drink. If someone talks of religion then show the photograph to that person and tell him that She is our Shri Mataji and if you

desire She could give you Self-Realisation. Everyone keeps these things with him. "I put kumkum on your forehead, see how do you feel. She is our Shri Mataji." All the time Sahaja Yogis should keep thinking as to how Sahajayoga could be worked out in life. Then you will realise that you could go very deep in Sahaja Yoga.

There are some people who come to Sahaja Yoga in a way as they go to the temples and come back and then the bad effects are there. There are people, here sitting before me, who have never suffered any disease after getting their Self-Realisation. They were very sick but after Realisation they have no disease at all, never did they go to the door of the doctor, never have they suffered. Never have they taken any medicine since coming to Sahaja Yoga. Some of them are old people who used to go to doctors and to hospitals but now they do not have to go. There are many such examples here, not only that they have also done good to other people.

The reason is, whatever is essential for Sahaja Yogis to maintain health they have been doing it. That is why they are alright. Keep in touch with each other. You are all doctors and you are the patients. Doctors do not accept fee from each other, similarly you people do not take fee from another Sahaja Yogi. Treat each other. Ask from others, there is nothing to feel bad about it. If someone says that my Sahasrara is caught,

then it is very shameful. It goes against us. I told them to cleanse Sahasrara, I do not know what type of person he sat with?

Never sit with a person who talks ill of Sahaja Yoga, immediately your Sahasrara will catch. If such a person is talking then shut your ears. Ask that fellow to sit away, "we have nothing to do with you, don't talk to us, that is all. We do not want to harm ourselves. Who are you to talk to us? Because of Shri Mataji you have met us here, keep silent." If such a person talks then say, 'enough, enough, enough.' Your Sahasrara will catch, one by one all chakras will catch and after a few days you will come and say, "Shri Mataji I have got cancer, the disease of cancer is the disease of Sahasrara-take it for certain. If you do not want to fall victim of cancer then keep your Sahasrara clean. Catching of Sahasrara means the beginning of the cancer. I am telling it to you, "Always keep your Sahasraras clean, otherwise today or tomorrow you will come to know, 'O! I have got cancer.'"

So from now-onwards why not to keep ourselves in a perfect state of health. Not only that, do Sahaja Yoga work because of which we are sitting in the kingdom of God. Tomorrow when the Divine people will be selected then you will be amongst the best of them. Why not to do such work so that we are relieved of wasting our time by going to somebody's house, to some relative's house for lunches and dinners, criticising someone? We should give up all these stupidities, take

to the right path and make our lives such that in the world our names are remembered with respect. Everyone of you should think about it.

No one should think that 'now how much of my life remains, what could I do now!' You will not die. You die and take birth again; again you will die and incarnate, this process will go on. So why not to finish up everything within one year? And if you want you can finish it in one week. Only once you have to decide-in a moment-and it will be finished.

You have to do something special. Only by deciding it there could be enormous benefit of Sahaja Yoga. You know this fact.

Surrender should be there. It is not necessary that you should come and surrender at my feet, surrender should be from heart. Many people come to my feet but they are not surrendered at all. Surrender should be there. If one is surrendered from within, fully surrendered, then the Kundalini will get established on the spirit (Atma-tatva), the way the flame of the lamp remains, there is no flickering in it. Be surrendered. In surrender is the joy, the comfort and the identification with the God.

Sahajyoga is very unique. Understand it and get absorbed in it. The more you are identified with it the more your spirit will shine forth.

Nothing is more important than

getting enlightened yourself. Those who always think of insignificant things, it would be better for them to give them up. All these things are insignificant.

Now I will tell you the last thing, Understand it thoroughly and think over it.

There are evil tendencies in us- they are called negativities. They assert-themselves. Falling prey to them is making Satan of yourselves. You could become Satan or Divine at will. If you derise to become evil then I am not the Guru. I am Guru only to those who wish to become Divine. You have to be beware of the Satan.

First thing is that the nights of no moon (Amavasya) and that of full moon (Purnima) both are full of danger. So, you should go to bed very early on both these nights. After taking your dinner meditate very humbly, put your attention on Sahasrara, take bandhan and sleep. The moment attention goes to Saharara, one goes in the state of unconscious. There if you give yourself a bandhan then you are saved-specially on these two nights. On the night of Amavasya, specially the day of amavasya you should meditate on Lord Shiva. After meditating on Lord Shiva and surrendering to Him-to the Spirit- you should go to bed. On the day of Purnima (full moon) you have to meditate on Shri Rama and leave your wellbeing to Him. What is the meaning of Ramchandra. It is creativity (स जन शक्ति). You have to fully surrender your creative powers to Him. On

these two days you have to protect yourselves.

Although on seventh and ninth day (सप्तमी-नवमी) you have my special blessings. You should be mindful of these two days and should organise something in such a way that you could have deep meditation on these two days. Collective meditation should be held on such a place which has been vibrated by My Feet, which has been purified. Collective meditation centres should not be made in your own houses. Do not sit for collective meditation with your relatives. Collective meditation should be on the places which I have told, any place which has not been vibrated by Me, Sahajyoga should not be discussed there for long time because at such places ghosts, that are in you, will come out and start speaking, and fighting with each other will begin. You people are not above the trap of the evil spirits. From where the evil spirit comes, no one knows but they do everything.

So this is about protecting oneself. Whenever you go out, go out of your house, then be in nice bandhan. Keep yourself in bandhan all the times. When you find someone's Agya Chakra catching, give it a bandhan, may be with attention. The person who is catching at Agya, you should not have any argument with him. It is foolishness, the one who is caught at Agya, how could you argue with such a ghost? You should never argue with those whose Agya Chakras are

caught. It is first thing.

Those who are caught at Vishuddhi Chakra should not also be argued with. And the one whose Sahasrara is caught, you should not go to his door even, you should have nothing to do with him. Tell him to set his Sahasrara alright. There is no harm in telling him that your Sahasrara is caught, set it right. Sahasrara should be clear. If you feel obstruction in your Sahasrara you should immediately go and request other Sahajyogis to 'somehow clear my Sahasrara,' If someone with the catch in Sahasrara talks to you then you should tell him, 'You are my enemy.' You have not to talk to that person till the time his Sahasrara is cleansed.

Now about Heart Chakra. You should help that person whose Heart Chakra is caught. You should give bandhan to his heart. Ask him to put hand on the heart, take him before the photograph of the Mother. Heart Chakra is to be taken care of because sometimes the catch of one person may affect others. You must help where the Heart Chakra is catching. But many people have no heart, they are very dry personalities. You cannot do anything for such people. Despite your keenness to help them you cannot do anything. But if they come to you and ask for your help then tell them, 'give up Hatha Yoga, give up every thing and learn a little to love.' First love your dogs and cats, if you cannot love human beings, than love human beings'. you should also love everyone, love children,

do not be harsh to them. You should not be harsh with anyone. Do not be evil to anyone. Never beat anyone, particularly the children. Sahajyogis have never to beat their children. You have never to beat or be angry with anyone. Sahajyogis have never to be angry. Very intelligently and tactfully, without showing anger they have to set things right. He has never to be angry.

How should be the day-to-day life of a Sahajyogi? You pray for that and you will know the method of it. I have told you about it in many ways. Similarly eight-ten people should collectively think as to what to do about our institution of Etrnal life. You should all co-operate and help in it. Those who have not yet given their names and addresses should send it to Mr. Pradhan. We are about to start a quarterly magazine which will publish my letters, messages. We shall also publish your experiences if you send it to us. Some of the experiences sent by Indian Sahajyogis will be given place in it. So all of you should write your experiences. If you write some good article on Sahajyoga It could also be printed. So a quarterly is being published, it will contain articles in English, Hindi, Marathi and Gujarati. We shall start publishing it in all these languages or one by one. In Sahajyoga things take place gradually. Contribute to it. Whatever money you have to give, give it and get benefited. You could ask questions in it and I shall reply these questions. At first we are starting it

quarterly then we shall make it monthly, then weekly, it could be daily then afterwards. For the time being we are starting a quarterly. If you have some questions, some problems you could write letter to Mr. Pradhan. Do not send many letters to Me, I do not have much time. Then you will say Mother has not replied, or Shri Mataji has written to him not to me. Sahajyoga is not for those who talk such stupidities.

You should know that the mother loves everyone equally. Because of some reason She could not write. Sometimes I do not write to them who I think will not mind and now I do not bother about those who mind. I have bothered about many people but the result is that those wicked people did not improve. They did not improve and I suffered myself. Such people did not improve whom I tolerated, they did not transform themselves. I kept on suffering because I have decided neither to kill nor to torture anyone. They have full freedom to go to hell or heaven. They could go to the kingdom of God if they so desire, I have given full freedom. Those who wish to go to hell, I tell them to go speedily so that I get rid of you. If you want to go to hell I shall make arrangements for you. Arrangement could be made for you to go to hell or to the Lotus Feet of the Divine. Therefore, those who harass Me, disturb Me, those who have given hard time to Me, I say to them that I have dealt with all very patiently. But now if someone disturbs me or troubles

me than I will say that I have nothing to do with you, please go away. Such people show their evil nature but I will advise that you should think of your benevolence. If these evil people are going to hell then you should not board their vehicles. Sahaj yoga is not for them, do not bother about them, think of your own betterment. They will remain as they were. They are wicked and will change with very great-difficulty. Those who are nice, of course commit mistakes but they realise it very soon but the wicked ones are impossible to get transformed. I have very well realised this fact. I have made lot of efforts but have been unable to change them. You also cannot change them. They cannot have that wisdom. So there is no need to quarrel with or talk to them. So it is my humble request that have no relations with such people. Slowly and slowly they will vanish. They are here to destroy your seeking. Beware of them, protect yourselves, protect yourselves from them. Receive vibrations in Sahajyoga.

One gentleman offered me his house, I gave him Realisation. But one person went to him and told that wicked and ill natured people go to the meditation of Shri Mataji. Although I had given Realisation to that person and he had got vibrations, yet he believed that man and said to me that, "Mother, I cannot give this house to you because such and such person has said like this." I told him, "give your house to him, then." Now he telephones daily and asks me to buy

his house and apologises. But I told him to sell the house to that very person. You have full freedom. The poor fellow now weeps that 'Mother is angry with me'. I said, nothing doing, 'I am not angry. Now you sell your house to the one who came and instigated you.'

So such wise people, if they want to go to hell then it would be better that they take a direct ticket and go. I can also give you the ticket to hell. It is all within my power. Those who want to have tickets to go to hell I am ready to give it to them and also I am ready to give tickets for the kingdom of God. Ticket clerk could give ticket for all directions but he tells that on such and such direction there is derailment. If you go to that side then your train will get derailed. Their is no return ticket. That is why I am cautioning you. I don't have to tell much about hell, you yourself know a lot about it.

That is why I have told you the system that keep your instrument clean and look upwards not downwards. If you look upward, only then you will ascend. Don't lookdown. You have to ascend and go higher. **At every step, every place I am with you, every where, wherever you are, wherever you be, everywhere I am with you, with mind, speech and action, fully. This is my promise.** But those who want to go to hell I am dragging them downwards also. So beware, look to the path of ascent not of descent.



Now I am going to London. On my returning I should see that everyone of you has given realisation to atleast ten persons. Many of you are like that. All others, talk to them openly. Don't feel shy. Tell them about Sahajyoga that how much true it is. How much full of truthfulness and how real it is! Gather people wherever you get and talk to them. Everyone should take the photograph, atleast 10 photographs each and deliver them in 10 houses. It's very nice way that everyone of you should buy atleast 10 photographs and give them in 10 houses- to such families where people have faith for photogarp, where it could be worshipped, where people could accept Sahajyoga. That is how Sahajyoga could be spread. Actually we don't want to do too much publicity because

whenever we do so, wicked people come and distrub but nice seekers are not found. So it will be better if you serve Sahajyoga fully and enrich yourself by it.

May God Bless You. My blessings are with you, my heart mind & body is always in your service. It is not away even for a second. Whenever you close your eyes and remember me I am there with all my powers (conch, disc, mace, lotus and Garuda) (शंख, चक्र, गदा, पद्म, गरुड, लईघाये). For a second it will not be delayed. But you have to be mine. Its essential. If you are mine (Surrendered to me) then it will not take even a moment and I will be with you.

May God Bless You and give you wisdom. Live with wisdom, with viveka.

SHRI MATAJI SAID

On the 14th Sahasrara Day in 1983, Shri Mataji said

"After coming to Sahaja Yoga and after your Sahasrara has opened, you have to pass through these four Chakras: Ardha-Bindu, Bindu, Valay and Pradakshina. After passing through these four chakras only, can you say that you have become a Sahaja Yogi."

On the 9th Day of Navaratri 1988, in Pune, Shri Mataji commented:

Within us as you know, there are seven chakras for your ascent and two above it. So all these nine chakras are to be crossed in this life time. That should be your destiny.

Many of us have experienced awareness that is beyond the Sahasrara, often in India, particularly in Ganapitpule. But how to describe this state? The legendary Nath yogi, Matsyendranath, in the third chapter of the Kalajnanirvanaya Tantra, (काल-ज्ञान निर्वाण तन्त्र) puts it like this: "Dearest, (in the pinda exist) the chakras of five lines, 16 lines, sixty four petals, the truly beautiful 100 petal (lotus) (Agnya) and the beautiful thousand petal lotus (Sahasrara) and above this is a very brilliant 10,000,00 petal lotus. Above the 10 million petal lotus is a 30,000,000 petal lotus, each pericarp of which is similar to a flame. Above this is the all encompassing, eternal, undivided, independent, steady lotus-pervading all stainless. By its will (svechha) it causes creation and dissolution.. Both the animate and inanimate are dissolved in this linga." Something for all of us to aim for....

Whenever you are feeling very low, the present moment is whatever you make of it, so cheer up!

Sat-Chit-Anand

Pravachan of Her Holiness Mataji Shri Nirmala Devi
New Delhi - 15th February, 1977

Does everybody follow my Hindi? If I say in English will you all follow? I am not in opposition for English language, but the language of Atma is Sanskrit. They have never bothered about the Spirit. So we have to use some language which speaks about Atma. English language is not adequate enough. They do not have those experiences so far since they have not gone deep enough. We are very old ancient people. Our culture has been to know God. Everything has come in Sanskrit, because Sanskrit is really a Devavani. Apart from that, when the Kundalini moves, she makes vibrations. She makes special sounds, which are Devnagri Sounds on different Chakras. If I have time, I will inform you all about it. Even when you recite Mantras through the Sanskrit language or Devnagri pronunciations only, you can exite them better, Try to learn, if not Sanskrit at least Hindi, because, it being a phonetic language, it has a sound and that sound gives that vibratory effect. You try to learn this language. Hindi is not my mother tongue. My mother tongue is Marathi. I speak Hindi because after all I know the importance of Hindi. I also know a little bit of English. So it is better to know at-least Hindi. What I have to say is that for speaking in Marathi is all right for me. Bengali I know a little bit. You can convey it in Tamil or Telugu or in any other language of this Yoga Bhoomi. Every particle of this Bhoomi, you will be surprised, is

vibrated. The scientists cannot understand all this. When we start accepting all that the West is saying, we will lose all that we have, which is so great. Of course it is not going to be lost, but we are not going to utilise it for our purpose. We have to ignore all that on one side, and we have to accept-something which is just a foreign, alien thing and nothing so much comprehensive. It is not 'Samagra'. It doesn't envelop everything. Therefore, I will request you to learn a little of Hindi language also. One speech of mine, which was in English has been translated into Marathi, and what a tremendous thing it was! What a poor show it was in English! May be my English is very poor, be it so.

Now we were talking about 'Sat-Chit-Anand'. Again I have to use Sanskrit words. 'Sat-Chit-Anand' is the super Consciousness, the all pervading power. 'Chit' is the attention, the 'Consciousness'. You are just now conscious and listening to me. Every moment, you are conscious. But every moment is becoming dead into the past. Every moment is coming from the future to the present. But you are conscious at this moment and are listening to me. A thought rises and falls. You can see the thought. In between these thoughts, there is a space called 'Vilamb'. If you can stop for a while, you get to the Conscious Mind and there exists the 'Sat-Chit-Anand'. You can say 'Sat-Chit-Anand' - is the condition of the mind or

the state of mind, where there is no thought, but you are aware, 'Nirvichar'. This is the first stage, where you jump into; into the Super Consciousness'. Some people may think, that by realization you must achieve something as Adi Shankaracharya did, but it is not possible. With some it may be, but with everyone it is not possible. Your first stage is Nirvichar. You become thoughtlessly aware. That happens when the Kundalini rises above the Agya Chakra, meaning enters into the limbic area, when your attention just touches 'Sat' point. The reality separates from 'Mithya'. You become two personalities. At that state you start separating-like putting lime in the milk then it starts separating into curd and water. In the same way the beginning of reality starts. This is the state when you can say that the Kundalini has awakened only. We must understand the different stages, as it happens. I am giving you a very detailed picture but normally the Kundalini shoots off to 'Sahasrara' in most of the people. In some people it does not. It takes time. It is either lost into the Swadhishtana or the Nabhi. It does not go much higher, it is arrested by 'Anahata Chakra' or it may not even rise at all. But in case it crosses this 'door' of Agya Chakra, then you get into the state of 'Thoughtless Awareness'. With this Thoughtless Awareness, you get certain powers. Supposing for example, you become the Governor, you get certain powers of the Governor. Similarly you attain certain

powers. But at this stage to leave the Kundalini is not proper, because the Kundalini can start moving to this side or that side and can thus go to the supra conscious or to the collective sub-conscious. The 'Siddhis' are mostly available at this stage. Not minor Siddhis but higher Siddhis, e.g., if the Kundalini moves to supra conscious one gets the Siddhi of predicting the future. If the Kundalini has moved to the Collective Sub conscious, they can start seeing things into the past. A person like that, when he comes to me, can see who I was in my previous life. I do not have to convince him. This is the same thing as anybody who is possessed. A person who takes to drugs and is an alcoholic to the last word, but is a good soul and is still seeking God, such a person can see Me, in a different form. He can see my past, he can be very much enamoured by Me. He would know who I was. People think that the past is greater than the present, always, because the past has been much greater than today, though I have never given realisation to anyone previously. He, therefore, gets enamoured when he sees things like that. This happens to people who are on the Sub conscious level if they move out on the left hand side i.e., into the past. Those who move out on the right hand side can see Me as light. They see all the five elements, they see me as a waterfall or as an iceberg. They start seeing the 'Tanmatra' namely the causal essence of the elements. It may help them to get convinced, because such a person

gets convinced about Me and such a person is much more convinced than you are. There are good many Tantrikas who know who I was. They are afraid of Me and they talk about Me. There was an ordinary maid servant who came to my programme and she got into a trance and started speaking Sanskrit and she described Me completely in fifteen 'Shlokas'. She said everthing about Myself. This is how it started.

So at this stage, I would not like to leave your Kundalini, because you can cure people and curative can be done with your Kundalini even it is in the limbic area. I am very anxious always that it should come out of the Brahmrandhra. At that stage you start getting the vibrations; but at this stage you are just a 'Chita' only and you just touch the 'Sat' point. Your attention is only charmed by the Spirit. Only the attention part as I told you is like a flicker or light in a Gas lamp, and Kundalini is like a gas which touches the spirit and the light of the spirit spreads in the central nervous system. 'Chit' part, the outer core, the 'Chitta' means the attention part. At that stage the Kundalini opens the Brahmrandhra when you feel the vibrations from your hand and you can feel another person's also because you become 'collectively' conscious'. Collectively conscious again out of Sat-Chita-Anand that you just touch the 'Chita' part. Thus you start feeling the Chit of your Chitta becoming the 'Chitta' of the collective consciousness-means that you drop into the ocean of Sat-

Chit-Ananda in which you only feel the collective consciousness. That means you can feel another person's Kundalini.

Yesterday there was another gentleman, as you have seen it, who was arguing with me that we have suspended intelligence, 'what all that', I said, 'was'? "What is the suspended intelligence?. I do not know about this thing". So I told him this. He said that, "I am in a 'Turiya Dasha," I said " If you are in 'Turiya' you can feel the Kundalini of another person and you cannot certify yourself like that but can you feel the Kundalini of another person?" But he said, 'no', then I asked him "how can you be in Turiya?" If you go in Turiya-i.e., if you cross this stage, then you have to feel the Kundalini of another person. Now you have seen there are many people who can feel the Kundalini and they all say the same thing, they talk the same language-whether they do so in English, Indian or any other language. They say the same thing i.e., this chakra is catching or that chakra is catching. This is because you start seeing your own Kundalini thereby seeing the Kundalini of others, because through the fingers you can feel what is happening. You just feel the Chita and not the Anand part of it. First stage is through Chitta that you feel the Kundalini of another person there by you can raise the Kundalini of another person. After a while, you can give realization also to another person with the assistance of my photograph. But the Anand stage is not yet reached. In the beginning you

just feel the cool breeze in your hands. You feel peace and tranquility and also there is no thought. You feel the 'thoughtless awareness' but the Anand part is not yet felt at this first stage. Because now I have studied thousands of human beings and their problems, I know; this is the fact. But there are some, who have reached the last stage, though they are very very few.

Thus at the first stage when you come, is the 'Chit' stage. The consciousness stage, you touch the 'Sat' which means you start seeing the reality, is one thing, you feel is flowing. At this time you start saying it is coming or it is going. Just now you said, it is coming. You didn't say that 'I' am receiving, I am giving, That 'I' goes out of your language. But still the Ego and the Superego are not completely gone down. They are still there, but your attention has come up and you feel the 'Chitta'. With this 'Collective Consciousness' you can cure people, you can give them Realisation as I have told you and also you can feel the Kundalini of any person in the whole world; and cure the Chakras of that person. You can tell the condition of another person far away by sitting down here. Wherever your attention goes, it works, thereby your attention becomes Univesal. A drop of your attention becomes one with the ocean of the 'Sat-Chit-Anand'. Listen to me carefully because many people at this stage become non-attentive, and only the attention becomes effective. I will inform you about a disciple of mine, who

has come here from England. One day he was sitting and thinking about his father. Suddenly he got a burning on his index finger. Hence he rang up his father. His mother told him that his condition was not good. He was suffering from a bad throat. This boy did something to his finger and his father got well. Now he might think that he is powerful and all that but he is not. He cannot think in this manner because his Sahasrara has opened up. He just said, "Mother, I felt it and I did like this, and my father became all right". He never says I did it. 'I' goes out. You never say, 'I' did it but you will say, "Mother today my Agya is catching", "Mother my heart is catching". They come and speak like this about themselves. Agya is catching means you will be going mad. But one does not feel bad about it since he is not attached to it. He is attached to his Atma. So he says, as an Atma, this Chakra is caught or that Chakra is caught. A person who is suffering from cancer, does not know it. But to a realised person, his attention will tell him that so and so Chakras are out of gear-and so many Chakras out of gear means cancer. He need not go to the doctor but he can diagnose it himself. He will not diagnose himself as the doctors do; saying you have the cancer of the heart, the cancer of throat etc. but he will say that it is the Chakras that are caught up, either the left or the right side.

Now from where the vibrations are coming or how it is going and can give the depth of such Chakras. There are many

abstract important happenings taking place.

Once you get the realisation, the 'Chiranjivas' surrender to you. They are watching you. You are their responsibility. All the Deities are awakened in you. If you do anything against the 'Deities' immediately they will harm you. A person who has got Realisation, goes to a place which is not to be seen or which is not to be felt or which is not a good place, or to a fake Guru; immediately he will feel heated up. If he does not run away, and if he still goes on and on he will lose his vibrations and he will become like another ordinary person.

Initially it is a very transitory stage, Still, I would say at this point that the repulsion is not so very great that the man does not accept it. Because, if you accept it, you become completely realised. If you do not accept it then there might be little bodily problem that you might have. You might harm your own fingers, or you might get little burning sensation here or there. But if you are not afraid of these body sensations and if you ignore them, then you start rising higher and higher and I have already informed you that all the 'Chiranjivas' start guiding you and looking after you. If there is one realised person in the train, there cannot be an accident and if there is an accident, nobody will die in that train. If a realised soul is walking on the road, and if he sees a mishap, his attention goes there immediately and the mishap is averted. His attention is being blessed. All this, a scientist cannot

understand. Somebody just now asked me, "if he is guided by internal God, then he cannot do anything by himself", It is not so! The internal Gods are his own part-and-parcel. You can say that I am guided by my brain hence I cannot do anything else. You can see, the Gods are in your internal parts, by yourself. What is this Self left with then? When you are united with this Self, you become a hollow personality, then you do not have this feeling of the Self. All the time you will say "it is going, it is happening, It is flowing", You start looking at yourself as a third person. You do not identify your self with yourself. It happens. You can see these people how they are working.

There is also a part of little enjoyment, the 'Joy' or 'Anand'. Normally you find that most of the 'Sahajyogis' will gather around a person who is realised and is not a difficult person. Moreover, if there is somebody who comes at my feet, who is a very great soul, then the Sahajyogis, enjoy it all the more. Once we were at Calcutta staying in a hotel. There was a very nice man who came to see me. He was not a realized person but a very saintly person with a great Purva Sampada. He just touched my feet. The other Sahaj Yogis were in the other rooms. They all rushed in. I said, "Why did you come?" They said, "a great joy started coming within them so they came", He was all the time on my feet and they were standing there. I said, "neither he is going to leave Me nor are you going to leave Me". For fifteen minutes he

was enjoying the nectar of my feet and they were enjoying his nectar and the fragrance of it. So the 'Joy' of enjoying other human beings, also start. These are the feelings. This is how you enjoy 'Nirvihar' or Samadhi', Samadhi does not mean going into unconsciousness but the unconscious becomes conscious. The universal unconscious becomes conscious. So this is the first stage. There are many things like this and a variety of things happen. Supposing you were doing a lot of 'Jyoti Pooja' in your pervious life, then you can see my vibrations coming and going. Supposing you have been doing Devi-Pooja, then you can do something of 'Devi Pranam'. You can see that also. If you see like that before realisation, it means you are a possessed person. Somebody is giving you ideas. After realisation you start seeing certain things, then it has some meaning. So the gradual growth of the flower starts manifesting.

In the second stage, you become 'Nirvikalpa'-where there is no 'Vikalpa'. Just now in Delhi there are very few Sahaja Yogis like that. First of all, by temperament they are Vikalpi. The reason is a complete atmosphere of Vikalpa. If you say something, another will pull you down by saying something else. So the thing that the whole atmosphere is so Vikalpi that you are not yet settled down in Sahaja Yoga. But we have also got very great 'Sahaj Yogis' in Delhi as well. Now you will ask, how do you become Nirvikalpa? Supposing you are in the water,

you are afraid of being drowned; therefore, you are picked up and put in the boat, then you are no longer afraid of being drowned. Now you can settle down firmly.

You have to be firmly settled and with that you get certain powers-your Kundalini starts moving. We have in Bombay certain people whose Kundalini rises at least one foot high. They are very developed people. At the 'Nirvikalpa' State, the collective consciousness becomes subtler and subtler. At that stage you can understand the very deep significance of things when the reality starts becoming clearer. For example, you start understanding the working of the Kundalini. You start understanding how it penetrates. You can understand how it works out. you can use it for experimentation with your own hand and you can move it as you please. You can cure people and you can show the Kundalini's working in different ways. You can combine in permutations and combinations of the Kundalini. You can say that in the first year of music, you just learn seven notes and two other notes and ordinary ragas. But when you grow subtler and higher, then you know all the minute points of how to create music.

At the Nirvikalpa stage you need not put your hand towards the person. By sitting down you know where it is, what is happening, where he is catching, what is the problem, what are the 'Collective Problems'? You have no doubts about Sahajyoga, nor about kundalini, nor about anything else.

There are no doubts at all. At that time you start experimenting about it and you start using it. Mastery of Kundalini starts. At that stage the 'Chitta', the consciousness becomes subtle. Somebody was sitting with Me, and outside the Sahajyogis knew that this gentleman is going to get realization and they knew that Mother is giving the realisation. Such Sahaja Yogis are extremely pleased at such time and they do not grudge or grumble about small matters. They are carefree and live in a big way. They are not touchy. Their attention is in the subtle. They have no time for outside gross matters-so their attention is always deep into the subtle part. They are not bothered. Such people are the satisfied souls. Such people are the ones, who are going to create the pillars for Sahaja Yoga. Because, when somebody sees such a person, a transformed person, like that, they get shocked, "just look at this man. He is such a great person. He was a very horrid man earlier and how he has changed like this! See how is he transformed!" At this stage, at the Nirvikalpa stage, the vibrations emit, then there is-no questioning at all. But such a man gets into a terrible temper if he sees somebody is misbehaving with Me and cannot bear it. Christ has said, "forgive all those, for they know not what they are doing." But supposing they had done any thing against his mother, he would not have forgiven in the least. In the Bible it is written; "Nothing will be tolerated against the Holy Ghost". And the Holy Ghost was his Mother

which is Adishakti. Hence you cannot tolerate anything against your Mother or Sahajyoga and one can get into a tremendous temper or a "Sanharshakti" which they develop. It is said that such a man if anybody tries to do some harm he will immediately bring him down through their devotion towards their Mother. We have a notion that a realized person should never lose his temper. It is a very wrong idea. Then you will say, "why Krishna killed Jarasandha, why did he kill Kansa?" How do you explain Devi who killed demons when She came and got into Her temper? She used to get into tremendous temper and then She used to kill. The temper of Shiva! How do you explain this? It is a foolish idea to say that they should not get into the temper even if someone tries to kill them. Even Christ had to take the whip (इंटर) in his hand and drive them away. You have a right to get into a temper, if you are in a Nirvikalpa state since you are given that right of even raising one's own voice when need arises. I am using all the Ayudhas, if you have noticed in my hand, the Chakra, the Parasha etc. They are there and I have to use them and you cannot stop Me from using them. This is what I say that by reading people don't understand things. A man who is quietly sitting and is being pestered by every body is called a realized person-what nonsense! How dare you spite at such a man? Is the spite of a Devi to be born by a realised soul? To say that a realised soul should not get into a temper is a wrong thing.

Now all those Rishis I have talked about and all those people who have talked about me and whose names I have given you, they are all above Nirvikalpa, but they are very hot tempered. These saints cannot tolerate hypocrisy but I can and I have to. No Rakshasas can go near them but if anybody goes they are put into a noose and are hanged on the tree. That's why I say never go near the Babaji. They are higher people, no doubt, better than you all are, and they know me very well and they fall at my feet. They are very innocent and simple like children to me. More important is Shri Ganesha. If he gets angry it is not so easy to control him. It is easier to control Shri Shiva's but not Ganesh's anger. Beware of him. That is why during Kundalini Awakening, you get burning sensation and you start dancing or jumping. All this is Ganesh's anger. If you have insulted him by any chance, or insulted his Mother, He gets into a tremendous fury.

It is true that after Nirvikalpa, the Ganesha becomes really Jagrut. Such a person is not tempted by any women. No temptation for another women will exist, except for his own wife, where he goes on living like a celebrated husband, because husband and wife are united in a bond of matrimony. Otherwise he is a sanctified householder. He does not have temptation for any alcohol or anything like smoking and is beyond temptation. A Nirvikalpa man cannot have any temptation. One man came to me and told me that he was a realised

Soul. I said, "how can it be? If you are a realised Soul, how are you taking to these things? You cannot". Now for me, I will tell you it is an impossibility. I have never taken anything. Once my doctor gave me a little brandy as a medicine, I don't know why but he felt like giving it to me without informing me, due to which I vomitted so much of blood, since my stomach is religious or sacred. If I see a woman who has dressed provocatively or something like that or sometimes I have to accompany my husband to parties and they start a cabaret or some such thing, immediately, I start getting vomitting, sensation like hell and more so when we are the chief guests. I make their lives miserable, since something happens in my stomach when I see these half-dressed women. Now what can I do with my stomach is the point because the Dharma is born within our stomach. So the stomach becomes the Dharma itself. At this stage the subtle style of things starts. Your Mooladhar becomes chastity itself. It just cannot bear these things. You don't have to tell them. They have just no interest in such women. They do not flirt nor have they any interest in all these things. They do not bother too much to dress up in such a way that they would be very attractive to other women or men and at that time they behave like very simple people. They get to simplicity dignified. Then suddenly they become very creative also. There is one gentleman in Bombay who got into 'Nirvikalpa' State. He came to me when he

was jobless. So I told him, "why don't you start interior decoration work?" He said that he did not know different types of wood nor could differentiate between one type and another. So, what could he do? I said, "now, you are in Nirvikalpa, so start it". Today he is a very rich man. It just becomes dynamic, because you start seeing the beauty, the 'saundarya' of the nature, you see-aesthetics are born in a person who is a realized Soul. He starts seeing aesthetics in everything, The beauty of talking improves. The movements of the hands improve and your style also improves. You become a beautiful person-aesthetics come in. You can become suddenly a great poet. We have two people like that who have written beautiful poems and you can also be a great painter if you are already a painter. You get new ideas about painting, new aesthetics. In music, you start understanding absolutely. You may not know what classical music is but you will start understanding the subtle music. From the classical music you will know which is the best for you Atma. You see the Atma starts judging everything on that level. If you appoint such a person to judge a drama or a painting, whether it is good or bad, he will correctly judge it good or bad. Then you put his selection to all the critics of the world and they will say it is the best judgement. Now, you will ask me "how does he know?" Because he can feel by vibrations and complete harmony in everything.

You give him a statue of a deity and

ask him all about this statue whether it is alright or not? He might say that it is not alright. You can feel the subtle vibrations, whether it is in Dharma or otherwise. Now can we say that Ashtavinayaka's are living God's? How do you know? Joytirilingas are living. How will you know? Unless you know the integrations of all the great souls together how are you going to judge them?. That is why you must get Realisation. This is what my father told me. I should say he was my first Guru, as he was a realised soul. He told me, "it is of no use talking about realities etc., because you will create another Bible or Gita. You do a practical thing. You find out 'a-mass-media'", and I knew that was my mission. So I worked on everybody's Kundalini and tried to find out permutations, combinations, of their mistakes and why these people are like this. You will be surprised that so many-people never knew that they were even in Nirvichara. They did not know that they were highly placed spirits. If they would have known then they would not have told many things which have conditioned you. They have said, "Sach Bolo". Who is going to speak 'truth' They did not know what Human beings are. They are 'Incarnations'-a great people. They did not know much about the human beings and how cunning they are or how they are all the time against each other. They could not come to the subtle Human Self-Realisation, as I now have. As such I know human beings but some things, of course, I do not understand.

When you get into the Nirvikalpa

state, the Anand starts setting in you. When you see cities, any beautiful picture or scene, immediately what you find is a great flow of Anand coming down. This is the grace that you are just lost into it; like the Ganges flowing over you, you are completely drowned into it. Your consciousness becomes Anand.

In reality you come to know that till now we have never known there is a 'Sarvavyapi Shakti' but now we are aware of the same. We can feel it coming in our fingers. This is the Reality. There is Chaitanya all around us which thinks, which understands, organises and loves us. All this you come to know, the knowledge part of it. Then the Anand, which is the Hridaya, starts emitting it. Later on what you get is Vilaya into Anand. At that stage you can control the sun, you can control the moon, you can control every element.

Beyond that there is God's Realization. There are three stages to that also but just now I have told about this. 'Sat-Chit-Anand' state. The God's Realisation is the stage which, Gautam Budha and Mahavira only had achieved and settled down

in our brain. Christ is also here. These two are not incarnations. They are born as Human beings. They were born to Sita, as Lava and Kusha. Then they were born as Buddha and Mahavira, and 'Adishakti' was their Mother once again. Later on they were born to 'Fatimabi' as Hasan and Husain. They are the two Milestones you have got, by which you can know to what height a Human being can rise. Now today they are like incarnations. There are other styles of personalities like Chiranjivas, Bhairava, Ganesha. They are all incarnations. Hanumana later on appeared as 'Gabriel the Angel'. 'Bhairavnath' came as Saint Michael. The names are different, but they are the same personalities. Devi has also incarnated. There is no doubt about it. The scientist will not understand this but a Sahaja Yogi can, because they can immediately feel their Vibrations and can ask questions. You can ask questions about me also and you will get the vibrations. For that at least your Deities have to rise and say 'yes'- You may or you may not get 'Realization' but the answer you will definitely get.

May God bless you.

NIRMALA VIDYA

Talk by Shri Mataji, Rahuri, 31.12.1980

It is the special power by which we do all Divine work, even forgiving. When you say, "Mother, forgive us", the technique by which I forgive you is *Nirmala Vidya*. The technique by which I love you is also *Nirmala Vidya*. The technique by which all the Mantras are manifesting themselves and are effective is also *Nirmala Vidya*, *Nirmala* means pure, *Vidya* means knowledge, *Nirmala Vidya* is purest knowledge or the knowledge of this technique. It creates loops, the energy creates loops and creates also different formations by which it acts and draws all that is unwanted, impure & fills it up with its power. It is a technique, a divine technique which I may not be able to explain to you fully because your instrument does not do that-you don't have that instrument.

But now you see, how subtle it is! Only by saying, "*Nirmala Vidya*", you just invite that power, the whole thing, the whole technique to attend to you and it attends to you. You don't have to worry. It never happens in any Government or anywhere in the world. You just address the Govt. and the whole thing goes into work, in the whole, the entire universe, every creation. That technique is called *Nirmala Vidya*. That technique once mastered, by surrendering into it; it completely obeys, absolutely. But it is *Ganesh Shakti*, the *Shakti* of Innocence is the power called innocence. The whole power because it is innocence. So the

Innocence takes over, which manages. That's how it works out.

Then it goes on rising and called *Para Shakti*, beyond power at the left. Becomes *Madhyama* and all that. It comes upto the *Vishuddhi* at the left. There you become guilty. Because of your guilty nature you say things that are harsh. Left *Vishuddhi* is the catch of the *Ganesh Shakti*. *Ganesh* is the Sweetest Thing you can think of. Even when you look at *Ganesh*; this *Kautuk* (कौतुक)-this innocent admiration starts flowing. Just think of him, you feel so happy! That innocence becomes harsh on left *Vishuddhi*. So to overcome your left *Vishuddhi*, all of you are to use sweet words. Your language should be sweet to everyone, especially (Men) must speak sweetly to their wives. Now that sweetness will cure your left *Vishuddhi*. Always speak very sweetly, try to find out all the sweet words. The sweet methods of addressing is the best way to cure your guilt because if you say anything harsh to anyone; you may say so as a matter of habit or may be because just you feel happy by saying that, but as soon as you say it, you say, 'Oh God, what did I say!' That is the biggest guilt. One has always, to try to find out sweet words. Now, the birds are chirping. In the same way you have to learn all the sounds of everything by which you make people happy by your sweetness. It is very important. Otherwise, if your left *Vishuddhi* grows too much, you will



develop a way of talking by which your lips will get distorted towards left side.

Then the flow starts higher, in the Agnya Chakra, where the Ganesh Shakti becomes the Greatest Power of Forgiveness. Then it rises higher into the limbic area where Ganesh Shakti goes above the Surya, the Super-ego comes up and this power is that of the Moon and this Moon is Spirit, this becomes Spirit and it sits on the head of Sadashiva. That is the same. The whole Ganesh Shakti's evolution, you

see, it is so beautiful. So this way our desire itself becomes the spirit, your desire and Spirit become one-but this hurdle can be very bad sometimes. You have seen, that all of you who have Left Vishuddhi; when you speak harshly you must know it is not you who is speaking. No, because you are the Spirit, cannot say anything harsh or destructive. It only will say harsh, when it is necessary to little bit remould. But that you don't take over. That will be done by somebody else.

SHRI MATAJI TALKS TO WOMEN

January, 1984

There is no need for women to do all that men have done, or the whole energy will be completely wasted.

The whole preparation has been made for this Aquarian age to come in, to bring the kundalini upward and to make the whole thing workout in such a way that the left and right meet and you all become ignited, enlightened. It was a question of our being, sharing the whole job in a proper understanding. Now see how Mother Earth herself was created. It is a very simple thing. First the movement of the energy started flowing. Now this is a combined energy; alright?. Then the combined energy went round and round like that and when it consolidated there was this Big Bang, took place. Now this is the manly work, I should say, manly style, because still the Mother Earth is not produced-so then these little fragments again went round and round. With the momentum, they became roundish. Out of them Mother Earth was selected for one job.

On the Mother Earth, out of the water came the life-the carbon came in.

Everybody helped there and a human being was created. Then the men went round to improve their societies; and whatever was possible with their ego is done, finished now, they have done their job. Now they are on the dole.

Women have to complete their part

and go forward together.

Now the women, or we can say the Kundalini, which has been waiting all these years, was resting, waiting for that time. Isn't it.?

So we call it, "The blossom time has now come". At that time, the Kundalini has to rise and ignite in such a way that the completion of the whole world takes place. It is simple. Do you understand now?.

So, there's no competition between men and women, but the style of work is different. If you understand that, then only this kind of revolution will take place, and not turn out a rebellion. Actually women are rebelling against men, and a nonsense it is. It is such a headache, that you create something, allow them to grow, and another party comes-which has to complete the job-starts rebelling.

So the revolution has to take place and the revolution is only possible when we understand that "what" part is left out-is "now" to be done. Are you getting me alright?

So that part to be done is now Realisation, our awakening of the Kundalini or that your feminine qualities are going to help you, not your masculine qualities. So aggressiveness must be given up by men. Also because they are Sahaja Yogis now, they have to take feminine qualities. Not of fighting.

If women fight they are not women.

You see, women are told that 'You are good for nothing', so, now they are trying to show, "No, we are also alright. If you have eaten one crow, we will eat three" Now this understanding and the wise perception would be such that, "What do we have to do, now, to change the 'mode' and the 'style' of our lives? "What's wrong here?"

A turning point has come. Now the evolution is not rebellion at all by any chance. It's a wrong idea people have. It's not that you hit me and I hit you-go on hitting each other, like the movement of the pendulum. It's not like a boom, that today you are born as Muslim, tomorrow you are born as a Jew, then you are born as a Hindu. It's not a pendulum.

It's a spiral movement. So every time you achieve any evolution you are at a higher level than before. So the movement is spiral, see my point?

Now, to achieve the 'higher' position in our whole being what should we do? Is to understand that from this point to that point we have to rise in a way that we move not in a pendulum way but in a spiral way. And to move spirally, you have to use another kind of force. Whatever you have used so far has to be endowed with another kind of force - and that's the feminine qualities of women. But where are the feminine women? They dress up as women, that's not the way. From inside, from the heart. A feminine heart. Christ showed that in His life. He forgave. Only a

woman can forgive, man cannot because he is aggressive. How can he forgive? Krishna never forgave any-one. He used to kill. Right royal fashion. So, alright, if you are so, alright. -Done.

Christ forgave to such an extent to show that he is now giving a turn to the spiral, and now a 'feminine' quality has to be developed among human beings.

But that doesn't mean that you start walking like women or developing waistlines. Because that's another stupidity.

But to be 'Motherly'. Not to be fatherly, but to be 'Motherly'. 'That kindness, that gentleness' should be in your behaviour towards each other.

Of course this force also corrects, sometimes gets angry also. Mother also has to get angry sometimes, specially with people who never get alright with their behaviour. She has to be shouting, punishing and sometimes She also destroys. It's alright. But that is sometimes, not all the time. So just now one has to accept that to be like Mother Earth they have to be forebearing, 'Dhara'. She is the sustenance of 'everything'. She takes everything, the vibrations are sucked in.

And now. for the first time, after Realistion, you can give Her back what you have got-from Her. You can give vibrations to Her trees that are created, you can make them beautiful. You can transform a flower into a more beautiful flower. Now whatever

you have to give what you have got from Mother Earth you can give, because 'your' mother earth is awakend in you now. So you return Her back everthing that you got from Her, and give it to others.-Generosity, the greatness of heart, nobility, forgiveness, love, affection, bearing everything for love. And for the Mother, to save her child, she will starve herself, do everything to save her child-complete dedication she has for her child. That's a real Mother-I mean, the kind of mothers you see these days, neither they are mothers nor women. But what I am saying, that's the real image of a mother,- and you have an Image before you.

So this is what you have to develop now, whether you are men or women, as Sahaja Yogis you must develop a (new consciousness) of affection, love and compassion. Getting angry, getting into a temper, shouting at people-this is not going to help you much. If you have to help the whole, the growth of the whole, try to make yourself a milder person-be angry with yourself that you are losing tempers and you are so unkind to others. All the proplems have come out of the overgrowth of masculinity-overgrowth.

It reaches a certain point you see, It's reached such a wretched point now, that it has to come down.

You have to have love for every Sahaja Yogi, every person. How to behave towards new seekers? First you think of

being gentle, nice, embalming, sweet. Let's think, find out ways and means. There's a very good way, in the evening, to write down, "how many sweet things I've said today!"

Not like this, sweet things we say-"You're looking beautiful" and all that. Not the superficial ones. That may pamper the ego. But they're so sweet, you know, things are. There are so many words you can say like : "are you warm enough?"- very sweet way of asking a question.

It's very simple, but can see now, you can't, just-it's very difficult for people to say that even, I've seen. Looking after others' comforts. Somebody is sitting, he wants water. You just go, rush and give him water. "Oh, that's too much to expect. Oh God! you gave water!" " I'm not your servant"- immediately the question comes into the head. Little bit trying to do something here and there. Or sometimes thinking-going in the market, you find something. " Oh! let me take it for him, "well, then 'do'.

I've seen, children all the time they think of their friends-what they can buy for others. This is good for my friend. He's very fond of things, he likes this. All these little things. Do all these little, little things for each other, you know. Sometimes even small things like: early in the morning you get up, you find another person is sleeping on one side, his blanket on the third side and his pillow on the fourth side. So you just put his head on the pillow and cover him with the

blanket. That's Mother's job. Not out of fear, but out of 'sheer' love. Like even if it is cold and buttons are open, you can button up a person. Little things, you know.

Women have very little sweet things which they do, which make men very happy. But women have lost now that sense.

Not the fighting, but thinking what sweet thing you can do. To overcome ego, to be a Sahaja Yogi, how much identified you should be with the truth of Sahaja Yoga. Now it is for you to receive, imbibe into it and you have to change the whole thing. That is your job and that is why it is a serious matter.

The second point : I always have been saying that due to ego problem, we are very much disintegrated.

We are so disintegrated that, the connection with the Divine is never properly established. As I have said it, that, this instrument (through which I am speaking), if it is divided into five parts and all the five parts are fighting with each other, you cannot get anything done through this instrument, though it is connected to the mains.

In the same way if you still remain disintegrated, you cannot get that connection. We will have some Sahaja Yogis of a very high level. I know that we will have some of mediocre level. Some will be absolutely useless and some will be absolutely thrown out. We will have all types, that also I know.

Now it is for you to decide, where do

you come? For example, you see people come down here, I have seen, for Sahaja Yoga. Now they have other interests and other priorities and other things which are very important to them. All the time, they are wasting their time for that and then they will say that, "Mother, we are not progressing very much in Sahaja Yoga".

If you decide, (as Mr Venugopalan has told you before), that- 'we have to do Sahaja Yoga first and other things are secondary' then only the Sahaja Yoga can be really established into you.

Now it is for you to decide, where do you come? How far are you going to? **If you are going to waste your time in thinking about other Sahaja Yogis and small, small things and frivolous things, your disintegration is going to be increased, you are going to be separated much more, as all these decisions are taken through you ego, e.g. 'I don't like it, I don't do it, I don't see it, and the like.**

If you could somehow or other see your ego working, then you can get rid of it and that is the thing one has to do-not to fight the ego. I never say fight the ego, but surrender it. It is the only way your ego can go.

Do not respect false saints. Beat them with shoes. Get up in the morning and do meditation. Here (England), even to get up in the morning people grudge. I mean, what can you do with such slow moving

people? You see it is absolutely very difficult. And this is what I think, we must understand that, we have a very great responsibility in the West.

Because this has to happen in London. It has to happen in England to begin with and that is why you bear very big responsibility. You have to evaluate yourself and Sahaja Yoga again and again and again and know that what makes you so slow is your ego, or even super-ego is there, no doubt. But ego, is the main problem. I must tell you that, ego is the main problem, but I dare not say to anyone that this is your ego, because they will just jump on to my head. But, try to see your ego, how it is deviating. Because it is your own joy that you are seeking. It is your own, that is hidden from you, which you have been seeking for ages.

Now that is what I have to expose to you. What is there to argue with a person who is trying to give you the highest? It is just a waste of energy. Do not waste your energy on to these frivolous things and finding faults.

Now, Shri Venugopalan has been arranging the printing of our book and so on, so smoothly, absolutely. I have not known any problems. You have seen in the camps in Delhi, how it works out, you have seen how many people were there. Never a problem. Did you have anybody complaining, anybody quarrelling or anybody fighting amongst themselves? Nothing of the kind.

You see, this is not the sign of intelligence either, all the time trying to find faults with each other or trying to blame yourself. Both things are wrong. The best is to grow in wisdom and yourself see that we are becoming wiser and wiser. Some of you are really very grown up and some of you still go up and down and some of you are still very low. So all of us have to go together.

If somebody has achieved something, it is of no use to Sahaja Yoga. As I have told you, it is the collective thing that is going to work and all of you have to work it out.

It is so sweet that you have real brothers and sisters all over the world today. When you will go there with a full heart, they are going to receive you, as you have received them, with a full heart. But we all must come up to a point, where we can face each other with full love, with openness, without worry of fear of anyone but just say that they are your brothers and you are their brothers and that you have to love them.

You have to love your brothers and sisters in Sahaja Yoga. That is only possible when we get out of our fears here because there is also another's side to it that **ego always has fears**. Because it aggresses others, and that it knows others can aggress it. So this is a point we have got to think about that never will 'fetch' you in any way. Despise yourself, never! You are sanits.

You must know that.

You are realised souls in this world.

How many there are, who can raise the Kundalini?

How many there are, who understand what are vibrations?

I am going to tell you on Guru Puja, what things you have achieved, and how many things you have got within you, built-in now, which are working. How your chakras are awakened through Sahaja Yoga. Yes, it has happened. But what are you doing about it? This is the greatest of the greatest things which can happen to any-one that you know. Also you know, this is the greatest happening, which was prophesied long time back as the Last Judgement'.

You know that this is the way, you are going to be judged. So we have to work very hard. We have to work. It is effortlessly given to you, alright. But to maintain it, keep it up to go high, we have to religiously work it out. It is a very humble attitude in receiving more and more into your being, imbibing into your being.

Let it trickle into your brain completely covering it. Let that eternal bliss come into you. I am so anxious. Do not make yourself a small person. Have a bigger vision. Have bigger ideas because now you belong to the bigger thing, the biggest of all, the Primordial, the highest, to the Virata! If you realise your importance then you will work it out. And certain things definitely have gone wrong with us, we know that, we should understand

them. Because these are the troubles of our own over-thinking and our over-reading and over-domination. But we can get rid of them very easily. It is just to detach yourself and see for yourself-addressing yourself-"Now, Mister how are you?" If you will say like that, immediately your attention will go through yourself to see your outer being. That is very important. The more you see yourself clearly, the better it is. You have to face yourself. And you do not want to face-because you are afraid of facing yourself. Because you have been aggressing others and you are afraid of aggressing in the way that is towards yourself. But there would not be any aggression-because that is the perfect state where you see yourself.

Neither you aggress any-one nor you are aggressed by any-one. You just see yourself clearly, and that is what you have to see. Gradually you start seeing your chakras, seeing your problems and you know that's how it gradually develops. But everybody wants quick results. If you are not, be patient with yourself. Not with me, but with yourself. I am saying, you have to be patient because, there is a problem with you. So you have to be patient with yourself and not with anybody else. That is the main point.

If you are patient with yourself, this is the long promised thing which you will get. But you must learn to be patient with yourself and not be angry with yourself, not to debase yourself, not to aggress yourself onto others.

It is a very simple thing, the simplest thing to do; but because of your complex life and our complicated thinking, we have become quite entwined up into things. It can easily be got out and just slipped out of without any difficulty. I know you can do it. So forget about all these things like-my father, my sister, my brother. All these problems will be burnt in no time.

As soon as your life runs straight, everything will be burnt away. Nothing will be left-but your light-and others who will come to you for enlightenment.

I know that you are going to have a big day for Guru Puja and before that I have to request you to prepare yourself. I may do something great. But I must have a proper recipient, so that you must prepare yourself. Think about it. Are you loving others? Are you in love. Are you in love with every-one? Just to think that you love every one is so great! I mean you ask me. Because I always think how much I have to love. You see so much love I have, always to give to others! Just think how great it is to love others! You know how people treat me sometimes. Terrible, is

it not? I still love them. I enjoy playing with them.

As I love, in the same way you should love, and love is the thing that is going to unfold beautifully like a lotus, you see: opens out petals and beautiful fragrance starts flowing. In the same way, your heart will open out and the fragrance of love will spread throughout the world. It will ring into you. I know it can happen. The sooner, the better and the choice is your own-which you have to make-your choice.

I am very happy because such a beautiful song to hear and just before Christmas, which is a very big thing for Me. You know that, and in the same way we are having another Christmas now. Christmas to celebrate a new Christ born within us.

Let us prepare for His coming, and how you prepare is not by running away from yourself, not by getting into frivolous things; but by working it out, beautifully cleansing. Cleansing has to be done if the Self has to be established in the temple of this being.

May God Bless you all

AFTER SELF REALIZATION

Pravachan of Her Holiness Mataji Shri Nirmala Devi
November 25, 1973
(Seven Chakras and their Ruling Deities explained)

You have to do nothing at all. In Sahaja Yoga everything gets done. In day to day language the meaning of word Sahaja is 'easy'. The origin of this word is from 'Sah' and 'Ja'. These two letters make the word Sahja-meaning 'easy' and that is 'born with us.' The way our eyes are born with us, nose is born with us. We don't have to think about it.

There is no perfect image of it. The all round beauty of a rippleless lake fully reflects within us. Not only this, but also establishes complete harmony in the person who looks at it. Similarly, when you look at some beautiful sight and the beauty of the Divine creation, you will go thoughtless and the moment you get into thoughtless awareness, the power of joy, that lies within it, fully reflects in your being and you get fully identified with it. The God almighty has, similarly created many beautiful sights for you and this beauty of nature is spread all over. By getting into the source of that beauty that joy is created in you. You have incarnated to have the pleasure of the joy and not to make yourself miserable unnecessarily.

Now many people have asked that what they have to do further? Now you have to do something new; you have to watch only. When you go to see a movie and think as an audience that what you have to do, the answer that you get is you have to watch. Keep on watching. You have to see the

transmigration (आवागमन), the growth of trees and the chirping of the sparrows. You have to look at the auspicious and pure smile, you have to listen to the adulating voice of Divine blessings. You have, nothing else to do. Only by seeing it you will be overjoyed with it. Now you have to watch only. Nothing remains to be done. You have nothing to do for the health of your body the way you have been doing so far, Yoga etc. You need not do many yoga excercises (yogasananas). It's alright if you do some light yoga excercises but generally you have not to take much care of your body because in it resides the God (परमात्मा). You have to respect it, no excesses should be done with it. If you want to get rid of alcohol or drugs, it's very easy. Whatever you decide about will happen. You will not get conditioned. If you have decided to get rid of alcohol you will be relieved of it. Human beings consume liquor because they do not want to face themselves. I am not asking to give up anything else but liquor because it damages your consciousness. By just watching you could get rid of drinking because now you have begun to love yourself. Automatically you will be in the state of joy. If by chance someone of you is imprisoned, you will say, 'Oh! how nice! I will sit there and meditate. One is in one's own glory. There remains no urge for liquor or somking cigarette. Nothing remains to be said, all the vices go away by themselves. In Bombay

condition is such that one could not get match box form Sahaj Yogis! While going to centres you have to take it along to burn incense and to light a candle. No one smokes. The chain smokers, I don't know, how they have stopped smoking! Some poeple used to play rammi (cards), they say, we have given up playing cards. They are enjoying their lives, they will enjoy themselves in the exams and also in the problems (mathematical). They will enjoy struggling with these problems (mathematical). They will enjoy struggling with these problems.

Now you have to take care that you do not have to struggle with things as you used to do. You are not your old self, you are a changed personality. Now you have to see whether the other people are changing with us or not. You have to look to them. There is nothing to be afraid because you were also like them. Some people think themselves to be of high position. They are so much position conscious. Some think themselves to be very rich and others very religious. All are mad. Do not look to them. All the mad people in a lunatic asylum think themselves to be very wise. When you were in that mad house, you used to think similarly. All these stupidities will go away slowly. Now you will realise the truth. Now you are blessed with that power-such a power because of which you will not be affected by your thoughts. For example, if one says to oneself, "I do not have to be angry, then ask yourself to be angry, stand before a mirror

and ask yourself to be angry. You will start laughing. In the state of anger keep laughing from within. All the time you keep laughing, while in temper one gets involved with something or the other. All vices such as lust, anger, ego, envy etc. have their own way. You have to look at it. It is a play. You should watch it, because now you are within, not without. That is what you have to do in Sahaj, you have to be within not without. While talking to others be within, that is, in thoughtlessness. Whenever you have to talk to someone, get thoughtless first. You will penetrate in them as soon as you get into thoughtlessness first; their outlook will be changed and you are already a changed being. If you are not in thoughtlessness (within), then, may be, that they pull you back. You could be pulled out because you have just gone within. For example, you have just come from the traffic and are made to sit on the mountain but you have got used to the traffic, so mentally you think yourself still to be in the traffic. You have to see, "Where am I standing?" You will know your state.

This is what Self-Realisation is. The first thing is that you are in oneness with the beauty of the whole world. You know it is something new, unique and unbelievable. No one believes it but it's a fact. You yourself will realise that you are a witness. At home if someone falls ill then everyone starts runing, creating difficulties, may be just to show off, may be someone is really concerned. Nothing, absolutely no need to do

anything. You watch yourself and it will dawn upon you as to what action you have to take. Whatever you feel you should do. If you feel like putting your hand on the head, do it and if you feel like touching the foot, touch it. Whatever you are feeling, is for everyone, do it.

Second aspect is 'Truth'-that what should you tell, truth or untruth. What is truth and what is untruth. Most of the truth is man-made and man-made truth is not truth at all. Many-a-times something that appears untruth happens to be great truth. So, you do not have to decide about it. You just tell, tell in your thoughtlessness, talk to people about your state. Boldly you have to declare that this is alright, this the truth and it should be done. There is nothing to be afraid of. May be, that people take it for untruth and they laugh at you. We went to Poona, there were some stupid people who published in the newspapers that "Shri Mataji was asking the seekers to move their hands. She was mesmerising them." One gentleman asked a question that, "Why should She mesmerise people? Has She nothing else to do?" They told that we cannot be mesmerised. But you have got mesmerised Her way. Different type of people are there in the world, you cannot understand them. Now you have got Chaitanaya in you, it is flowing in you, you have seen it, you need confirmation. But you have not attained magnificence and this is the difference between you and the great saints. The magnificence that you have

attained recently is acute. It stands firmly and is not afraid to say that, that is the only truth, everything else is untruth and a myth.' This quality could be found in great people like Christ, Lord Krishna and other great saints. It could be found in Adi Shankaracharya. You read his books and you will get the confirmation. Now you read the scriptures afresh, read the Geeta and Bible afresh and you will find that confirming truths are there. But you yourself are powerful enough, you do not need support and help of anyone else. The moment you start standing by yourself, in your glory; there is no need to feel shy about it or be afraid of anything. But I find such people who hide themselves in their homes.

It is said in the Bible that the lamp is not to be kept under the table, it is to be put on some higher place. If you have really become lamps (the enlightened beings) then sit on a high pedestal and enlighten all others. You may belong to any religion. If you are a Sikh then see in their scriptures, everywhere, it is written. It's a truth which could be confirmed. For your satisfaction the great saints have written it in all the scriptures Shlokas after shlokas could be said about it and lines of Quran could also be quoted. They all confirm it, though they call it spiritual in English language, in Hindi it is called Adhyatmik and in Urdu Roohani-there are different names but 'Truth is the One.'

If you all know that aspect, then you also know that there could be no description

of truth. What could be the description of an ocean? But every moment you will see the truth, that the truth is spread all over; with your vibrations you will know of it, with the vibrations you could understand it. Then you will see vibrations everywhere-in stones, in every-thing.

If four-five chakras of a person are caught then there is no need to argue with him. Such persons are very difficult, beyond you. Immediately you will have no vibrations in your hands. A few days later, such a person will run from himself because of the hot vibrations. Have no connections with the persons who have hot vibrations. It is not an individual thought, it's something spiritual. Here there is complete darkness. The fight between the light and darknees goes on forever. Now, so many lamps have been lit, the whole atmosphere could change if a few more lamps are enlightened. So, always keep your lamp lit, always weigh your vibrations. vibrations always flow from my photograph, they never stop. Stretch your hands towards my photograph whenever you feel burning sensations on any of your fingers. Everthing has got a meaning. You know this is Manipur Chakra, this is Vishuddhi, this is Agnya, this Swadishthana and this one is Mooladhara and in the centre of your palm is Sahasrara. Its round. If someone comes to you and tells that such-n-such person is unwell, please pray for him. You have nothing to do, clear the affected Chakra of that person and he will be benefitted. Sitting here, with the

movement of your fingers everything works out. Your attention has become Divine. You could check it yourself. Even in your feet there, all the chakras are made. Man is a great creation of the Almighty. The God Almighty has made this instrument extremely beautiful. What is needed is its enlightenment. That part is also done, but still a lot remains. Now, you have to work it out sincerely and see, what it is? Because a small lamp has been lit, you are sitting with it. There is no need to sit. When you look within other people then you will come to know what it is. We have not thought of an organisation. In Bombay, there is an institution with the name of Eternal Life. There is no membership of it, only the realised people are its members. Many peoples get realisation but then they go away.

They come again and get it. There might be helf baked people amongst you also. I requested Mr. Bose, you make him chariman or do as you like to. I will stay with him. His bunglow No. is 10, you could take his telephone number also. I will send photograph etc. to him. However he is very busy person, go to him at the fixed time. Friday is appropriate. Fix that day for your weekly meditation. With attention, I will see all of you. You might have heard about the symbol of God like Lord Genesha. His carriage is mouse. **Now your attentions are your carriages. Your power resides in your attention, where ever your attention goes it works out. It is so wonderful. Sitting**

here you can exercise your power and improve everything. Everyone, you see is torturing someone or the other. Bring them on Sahasrara and set them right. On Brahmarandhra, you will be amazed, their condition has improved. There are wicked people, Dushasanas, there are saints and above all of them we (Sahajyogis) are here. Give them discretion. With the power of love people get changed because love is more powerful than hatred. Like ocean, the power of love is fathomless. As there is no end to the expanse of the sea, there is no end of the ocean of love. It rises more than hatred. If its power is lesser than the power of hatred then this world will be destroyed. You have not still understood your responsibilities. You could not realise that, this is the new age, there are new people and new dimensions. You could understand this dimension with your vibrations. The singer Siddheswari Bai who was just singing here; yesterday her condition was very bad. With great reluctance she came to me and said, "I have to undergo such and such operation, this that." I just put my hand on her head and today she has started singing! You all could do this work, there is nothing which I have not told you.

Now only a curtain remains within us. If you learn to tear out this curtain then everything could be done. But to tear out this curtain becomes difficult. However, you are realised now. So first we have to remove this curtain because this is a stupendous work.

The greatest thing in it is Love. With love we have to identify ourselves. While talking to someone we have to decide first that we have to love. It is all love, you cannot change it. As people tell me, you see everyone is giving realisation. In America, there is difficulty with the people that they misuse it? I said, "how could they misuse it? They could only give realisation, they could cure someone with it. With love you cannot harm anyone. Think yourself, if you love someone how could you harm him?. The quality of love is this that one who loves cannot think of harming the object of love.

Whatever is benevolent will take place. The only thing you have to do is to respect yourself. When you begin to respect yourselves, you get established within because it is a temple: the more you respect it the more Divine Light is there in it. With love you could get identified with it, only with love you could be one with it, in complete harmony. Only pure love could emanate from you. The one which is Chaitanya is the Truth and the Beauty. You sit in thoughtless awareness and you will be one with it.

Thoughtlessness comes only when you cross this point (Agya). You have crossed it and now you are in thoughtless awareness. Your brain used to think. Now your Sahasrara is pierced and you are above your brain. When this point is reached, you could check it with your hand. Those who are realized, should check at this point-Ardha-Bindu-and they will feel it, but those who are not, will

not feel, Are you feeling it? Slowly, feel it, take your hands slightly up-down. That is the place of the 'Ardha-Bindu' and above it is 'Bindu' and 'Valaya' is above all.

All, that was made to create this world, has also been within human beings. First 'Valaya', then 'Bindu', after that 'Ardha-Bindu', and than this (Sahasrara) then this whole kundalini was created. The Adi Kundalini, itself, penetrated in you and became your Kundalini. Some people (Deities) were placed to establish Adi-Kundalini. In the beginning it was necessary to establish someone. Lord Genesha was established first of all. Adishakti put Shri Ganesha only on one chakra. One Ganesha on the chakra.

What is Shri Ganesha? He is purity personified. Think of it. Suppose you have not taken bath for a few days and the body is not clean. But the vibrations clean the impurities. Shri Ganesha is nothing but vibrations and purity because he is the Eternal Child. Eternal Child, and it is difficult to find one like Him in the world. His whole love is purity and purity only and because of that purity he has been placed on your Mooladhara chakra. On Mooladhara is the Mother. Its clear meaning is that in the matters of sex you have to be like children. I mean to say that when the dharma is established in you, you become child like innocent in the matters of sex. It is difficult to attain the heights of Shri Ganesha because he is a very pure soul. His radiance is

spreading all around. To penetrate within we have to be very pure otherwise no one else could be there except Shri Ganesha and His Mother.

In the process of creation Brahma Deva was made the deity of the second chakra. But before Him Lord Vishnu was created so that there is some sustainer for this Divine creation. That is the reason that we take birth from the Nabhi chakra of our Mother and then there is the creation of fatherly father. From the Nabhi, Brahma Deva was created. That's how it was done, the way someone is placed at some particular point. There is no untruth in it. You yourself could verify it. Now this void was created. It was all created, major nerves and Pelvic Plexus and around it the void and in it was the emanating love for the creation. The whole creation got caught in this love. This love is the all pervading power, in it is the creation. Now it is essential to cross this void but as I have told you earlier the God and His power is present in our heart as our soul. So as the child is born, not born as soon as he is conceived in the womb of the mother, the witness state God almighty comes in his Heart and looks like a flame, the way this thumb is. This soul is in the left heart. Many people get confused about it. They think soul is in the heart chakra, it is not in the heart chakra it is in the heart. The soul resides in this plain. Why does He not reside in the Heart Chakra? Because it is the path of Kundalini to ascend. It is in the centre (central

heart) and the soul resides in the left heart.

In the word 'Ram', 'Ra' means energy and 'm' means Mahesha, that is Shri Shiva. Mahesha is Shiva-the God who resides in our heart-when 'Ra' is united with 'm' it becomes Ram. To make the people cross the void (Bhavsagara) He has to make some arrangement. So the great power like Brahma, Vishnu, Mahesha was created and they were placed in the area of dharma. Dattatreya and Adi-gurus incarnated in this world many-a-times. He incarnated as king Janaka who was like the father of Adi-shakti. After that He incarnated in Iran as Zoraster, then as Machhendranath, then as Mohammad Saheb and Nanak Saheb. No one fought with each other. See what type of darkness you are in? Fatima, the daughter of Mohammad Saheb was the same who became daughter of king Janaka. Whom are you fighting? Think over it. The Nanaki of Guru Nanaka was none else but Janaki. Shirdi Sai Nath was also an Adiguru. They are the masters of all. Also, they are my gurus. These Adigurus taught me all this knowledge. In different incarnations they kept me teaching. Ultimately I had to come and do this work. They could not do it and now they are placing me as a Guru so that I take up the job of a Guru. There was an age when no one was willing to accept a woman as a Guru but in Kaliyuga only Mother could do this work; it is beyond the power of men. This work could not be done by force, only the love of a Mother could do it because already

there is so much pressure, tension in this world. The day it is forced upon the human being they will break down. So, love is the only way out. So this Gurudom was given to me. Everything is acceptable to me. But I didn't know the qualities of a Guru. Gurus maintain distance but Mother does not keep distance with the children. Children sit on her head. So, you people also could take liberty with Me and enjoy. Be with Me with full freedom, you will neither be afraid nor be embarrassed. There is no problem, you could come and talk to Me boldly about your problems. You could complain to Me as you do to your mother. I am freely available to you, freedom was needed, Religion was required to be discussed openly, there is no secret, no secret about it.

Ultimately everything has to be explained very clearly. All the secrets are to be told about, everything could not be said everywhere. I am telling all this to you people who are realised ones, because non-realised will doubt it. It has some meaning only for the realised ones. You could attain much higher state than this. Lot of work was done to cross the void, some success was achieved and if you people could get it, they are helpful today. They become eternal, the founder of Jaina Dhama, Shri Mahavira and Shri Buddha are amongst them. They were born of the same Mother, born of the womb of Adi Shakti. Try to know their first relation that where were they born. But it was experimental for all of them. All of them made

experiments so that human beings could cross the void, Very few, however, could cross the void, But amass realisation could be done only in Kaliyuga, after that Shri Rama incarnated in this world but he forgot that he was an incarnation. He remained in this world as a human being, not as an incarnation so that you could rise above the Bhavsagara. He was a perfect human being. During his incarnation a few seekers could get their Realisation, there is no doubt about it. But mass realisation could not be given. Six-seven thousand years ago Shri Krishna incarnated on this earth. Right from the beginning of this creation (Aadikala) all the seekers wished to cross the Bhavasagara. The poor seekers had to face lot of problems. While meditating they were tortured. So Adi Shakti incarnated on this earth 108 times in Her perfect form. You might have read about it. Read Devi Mahatmaya and you will know what I am saying. Adi Shakti incarnated in the form of the Devi and recognised the seekers. At that time She came in the clear form of Devi. There was no Maya around Her. So seekers could not get their Self Realisation from Her. The only thing they got was Her protection. She killed Mahishasura, Shumbh-Nishumbh and many others. All the rakshasas and negative people who used to torture the saints were killed. But none of them got salvation because they were not perfect human beings. They could see only four chakras, that is, upto the heart plexus. So,

Shri Radha incarnated after Shri Sitaji. She was placed on the fifth chakra, that is Vishuddhi. She is very humane and She sang the song of love. It is said that at the time of killing the Kansa-the maternal uncle (सप्तमा) of Shri Krishna, Shri Radha was called, Radha-'Ra' means energy and 'dha' means the sustainer. The stream of Shri Radha starts flowing in you. Shaivite people are the followers of Lord Shiva. They do not believe in Shri Krishna. There is no difference between Shri Krishna and Lord Shiva. Shiva is placed in your heart as soul and Shri Krishna is on the Vishuddhi. Shri Krishna has sixteen powers (कलाए). Similarly you have got sixteen plexuses. It is surprising that Lord Krishna is the deity of Vishuddhi chakra which has sixteen petals. His power Radha was then divided into two, that is, Rukmani in Dwarka and Radha in Vrindavan; it is very humanly.

Shri Krishna had only one son who was 'Pranava' (Divine power), incarnate. Think of it, He was 'Om' incarnate. He incarnated on this earth. His name was Jesus Christ. Mary was his mother. He was placed on the Agya Chakra. On Agya one has to face ego and superego'. You see your Agya Chakra controls your pineal (शंकुग्रन्थि) and pituitary body (पीयूष ग्रन्थि), it is scientifically proved. So he pushes away the evil spirits from your Agya because these spirits sit on superego. They could sit in ego also because 'Ida and Pingla' cross each other on Agya Chakra. So Lord Jesus put His hand on this

plexus first of all. It was done at the time of Nanak Saheb. In all ages these ghostly powers came to do encroachment. But Shri Krishna has such a destructive power that He cut their throats. So on Ágya Chakra is the name of Lord Jesus. Shri Mahalakshmi, whose praise we sing so frequently, no one has described Her. Where is She placed? She is Mary Herself. Whenever She incarnates with Her child and husband, She is very peaceful. But when she comes alone then She is tremendous. So this place (plexus) belongs to Bhagwati. The plexus of Sahasrara belongs to Bhagwati. She Herself (Devi) pierces it, all the seven chakras are there in it.

Therefore, the maya (illusion) also has seven layers. It is very difficult to recognise Her. Seven human chakras get completed here.

In nut shell I have told you what you have to do, how you have to complete your seeking. But if we talk about it methodically then we could say that there is no particular time for it. All the times we could be in the state of Thoughtless Awareness. For example, you are sitting in Thoughtless state, start thinking, then go in Thoughtlessness. After that is Thoughtless Awareness and then comes Doubtless Awareness. You will have doubts but in the second stage you get Doubtless Awareness. Doubts will be there : is right or not? What Shri Mataji has said is not right; how could it be, has it happened or not, have we got realisation or not?. This

sort of doubts will come. How will these doubts be eradicated? When you have been given a seat, I mean when you are seated on the throne and you have doubts as to whether it is a throne where I am sitting? Is it alright or not? You could check it by your own hands, that now an unparalleled energy is flowing from your hands. When you will cure people by touching them with your hands, when you will have such experiences then slowly and slowly your doubts will vanish. I mean to say that I have prepared a boat for you, now you have to launch it in the water, fight with the waves, only then you will come to know whether it is a boat or not. May be, it is wood only. The boat has been built or not could be tested by launching it into water and by rowing it on the waves. If it withstands the pressure of the waves then you will be sure of it, otherwise doubts will remain. Same way you have to test your realisation because man thinks no end of himself. One person out of our seekers went somewhere, a swamiji was sitting with a hoasted flag. Many people came there, had their food etc. This gentleman went to America with us, with the movement of his hand he used to do things. You could also do it. With the movement of your hands you could raise the kundalini of someone. Siting here you move your hands and see how nice it is that the kundalini of the other person will move with your fingers. The energy which is flowing from your hands will do it. So this way that sadhu used to pretend to awaken

the kundalini of hundreds of Americans. Since many people were going to him, one of our Sahajayogi also went to him. I come to know of everything as to who is hanging about and where. When he returned, he was miserable. I asked, "Why did you touch his feet?" He said that since every one was touching his feet, I also touched. I said you have to touch the feet of only those who are older to you. I asked him what was his condition, what was the condition of his kundalini, is he Realised? He replied, "No, he is not Realised." His kundalini is overturned. I asked him, you raise the kundalini of thousands of seekers with the movements of your fingers. Why could you not think that you should not have touched his feet?" His kundalini is overturned; at least he should have been a Realised person to touch his feet. One should touch the feet of one who is higher than yourself otherwise why to touch the feet at all? You know everything. You know the reason of it. You have the complete knowledge of it. You are so expert in it, why did you touch his feet? Egolessness comes in you. You all live in such an unassuming way that no one could believe that you are Realised. One becomes egoless. Completely egoless. He feels, how it has happened, how that has happened? But it has happened. If this transformation has taken place in you, then you should think, "Why has this transformation taken place in you only?" Many people live in Delhi. Why we have specially been given Realization?

There might be some reason. You might have been seeking for many lives. It is your right. You are saints, saints of high orders. You are not aware of this fact. If you were not saints, how could I give Realization to you? Can I give realization to stones? Thousands of people come but I cannot give realization to all of them. Only a few of you have got it. Definitely there is some reason for it. But you cannot believe it. You think, how could it be? This problem comes because of your egolessness. In a very ordinary way; you neither change the style of your clothes nor any other showing-off. But you will see that you have become peaceful within. You are now altogether different being. The style of your talking and doing things is of a realized one. And you will become expert. You know about others that such and such chakra of this person is catching, That is why he is behaving abnormally. Let me set it right. And within a little time that person is cooled down. Some people come to quarrel with me, but Sahajayogis calm them down by moving their Kundalinis. They play many tricks and within a little time such people sit quietly. One fellow came and started quarreling. It was the time for him to take Sesamum (तिल). They put the Sesamum on their hand and vibrated them. As soon as he ate those sesamum, immediately he went into meditation. If someone is disturbing you too much then put your finger in the water and make him drink that vibrated water. The work will be done. Chaitanya will awaken within that person. But

still you are newly born children. Small child gets ill very soon, similarly you also catch very soon. You have to stick to your position otherwise you will descend very soon. Don't leave your position, do not be shaken, stick to your place because the boon given to you is such that one could be unsteady (डकानडोल). I am telling it to you. Therefore, power of collectivity (संघशक्ति) should be there. There are people amongst you who come and tell, "Shri Mataji my head is catching." Collectively you could clear the catches, whether it is in your waist, Aganya Chakra or any where else, you could clear it yourself, Now these (Sahaj Yogis) are your brothers and sisters. This is the new world of love. These are your relatives. You know them. At the time of difficulty, you will be surprised that they will run to help you. Because deities are there with you for your protection. Suddenly if you think about someone, immediately you find him before you and saying, "I don't know how I came here! I was going this way, I thought to come upto you. "All your works are done, you will not meet with accidents. Deities are hovering over you. If one Sahaj Yogi is there at the place of accident then all others are also saved because of him. Many things will happen. You keep on watching and

recording. Watch the awakening and movements of your Kundalini. There is going to be no problem in it. Sometimes it will titillate here and move there; sometimes it will enlighten here and sometimes there, your consciousness, which is connected to all these things, will get enlightened and it will enlighten the whole world.

Now you are sitting here, but you are not aware that thousands and millions of rays are emanating from you. You will see that the whole atmosphere of Delhi will change; you will see it. I went to Calcutta only once. Have you seen the atmosphere there? I said it there itself that the atmosphere of Calcutta will change. I stayed there for eight days and the whole atmosphere changed, the minds of people were calmed down. Today, in Maharashtra it is going on very well. The reason is that many people have got their Realisation. Now it is the turn of Delhi State. The Kundalini of the whole world is situated in India. How tremendous! The seat of Kundalini of the whole world is in India. If our India improves then whole world will improve. The Sahasrara of the whole world is here. So, I need thousands and thousands of Indians who could give Realisation to others.

May God Bless you.

MEMORIES OF OUR DIVINE MOTHER

Introduction

There are many, many stories and memories of our Divine Mother, which have not yet been recorded on video, audio or set to paper - but yet have been experienced and treasured by thousands of Her children.

From this ocean of memories - until now only held in trust by each of us, as our individual experience - some few sweet stories have now been collected and some selected ones will be printed in this magazine.

1. IT BEGAN IN INDIA

You are fortunate you saw me

Shri Mataji used to stay at Jeevan Jyot [in 1970] and was known as Nirmala Srivastava. I asked some girls where did Nirmala Srivastava stay. When I went up, I saw Shri Mataji. She opened the door and said, "Are you looking for Me?" She held me by hand and took me inside very politely and asked me to sit on the cot. "Where are you coming from?" "I am coming from Dhulia and I have heard your name and came looking for you." "I am about to start this work and right now I am waiting for the delivery of my daughter, Kalpana. Once I am through with that, I will call you. Please leave your name and address before you leave and within a month I shall call you."

We all went from Bombay to Bordi in train with Shri Mataji. We were all together. Mother would talk to all of us. We would follow Her wherever She went. I would never leave Mother, as I wanted to see what Mother

did. I would follow Her and do as She directed, without any question.

We all were in some school for the stay at night and after dinner we all moved up in our rooms. "Look at Raolbai from Dhulia. She always has her attention on what I am doing and not like others who are busy wasting their attention on trifle matter." She used to call me Rajkunwar.

After dinner She would start giving Realization to people. She asked me to keep my hands under Her Lotus Feet. [Mr.] Modi used to understand everything. I personally never understood anything, as for me what She said was it. If She said I was realized now, for me I was that.

She worked on my back like this [raising of the kundalini]. Then Mother looked very lovingly and sang a beautiful song, "Par Brahma Parmeshwar." She sang so beautifully. That face was so joyous, so loving, happy. And like this, She gave Realization to four or five people till midnight. Next day She used to sit alone and call each one individually to give Self Realization.

While returning back in the train, She asked us whether we had thoughts or not. I would say politely that I don't know what's happening. Then Mother asked us to put our hands in front of Her and whether we felt cool vibrations. Again I would reply innocently that I do not feel anything. "Raolbai, you are from Dhulia and I want you to come to my house tomorrow. All of you who felt vibration must meditate every morning and evening, so as

to go deep and feel the vibrations."

I used to stay with my daughter in a one room apartment and at around 4 am I was awakened naturally and I was shocked to see Mataji in front of me in same position as when She gave Self Realization in Bordi.

When next day I met Shri Mataji, She asked me, "Do you get thoughts by putting attention on Me?"

I said, "No."

Mataji told me that I have attained my thoughtless state. "What did you see in the morning?"

"Mother, I saw you in meditating pose."

"For all people whom I gave Self Realization yesterday, I was meditating in the morning for them. As you all are new and do not understand, you are fortunate that you saw Me."

Raolbai

She was very happy to be hearing my name

I got my Realization on the fourteenth of April 1972 in a place called-it was big apartment called Jeevan Jyot. It was owned by Shipping Corporation of India and since Sir CP was the chairman of the Shipping Corporation, Shri Mataji used to receive people in Her house every day in '72', before going to America.

I would relate the first experience of meditation. I was told to sit quiet for some time and with closing my eyes. I might have

closed for fifteen minutes, but I thought maybe I had closed for about two hours. Anyway, so then they said I got my Realization and then we were supposed to go to Shri Mataji. And She was in a white sari, just sitting with Her legs in front. "You can either go and put your head under Her Feet - which were resting horizontally to the ground with a support under Her Feet-or you can go towards Her hand." When my turn came, I was near Her hand and She put some Amla Oil-oil in India, you get - on my head. And She asked me how do I feel. I said, "Very fine." She asked me my name and She was very happy to be hearing my name. Anyway, so this was it.

Avdhut Pai

His search for God led us

I got my first Realization on 12th August, 1973. The credit for this Realization goes to my eldest brother, Maruti, who had a yearning for getting Realization for a number of years. His search for God led us to meet Mataji.

On a fine day of 12th August, we read an article written by one Marathi newspaper editor about Shri Mataji and Sahaja Yoga and that led us to approach him in his office. We went to see him and he explained how things had happened to him. He told us to visit Bharatiya Vidya Bhavan on that same day. We left his place and went to Bharatiya Vidya Bhavan about three o'clock and, to our surprise, nobody was there to tell us what Sahaja Yoga is. We came out of the hall and

telephoned back to his office, asking, "Where do we find Mataji?" He said, "Oh, this is not the time. You must come after six or seven in the evening."

On the very same day in the evening we again went to Bharatiya Vidya Bhavan, where Mataji was giving Realization to a very few people, ten or fifteen people. We both of us sat there and, this being a very early stage of Sahaja, Mataji was Herself working hard to give Realization and raising our kundalinis. To my great surprise, when She touched my fontanelle, on my head, there was a flash and I saw - so-called-at that time I was not knowing it was the Agnya charka - a Christ crucified. It was for five or six seconds, just a flash. I myself wondered why - I myself being a Hindu and a great hater of Christianity-should get a vision of a crucified Christ. But I didn't speak anything at that time. I started enjoying it. I just closed my eyes and Mother said, "You got Realization at the very first sitting."

Niranjan Mavinkurve

This is nirmal vidya

She would explain how we have to remain in the collectivity and behave as Sahaja Yogis. She always gave and is giving importance to meditation. She made all of us meditate and one by one put attention on all the charkas. This Mooladhara and then you go upwards and so on. "This is nirmal vidya and nobody has taught Me all this, nor have I read any book," She would say. "I have

meditated on each charka and discovered the secrets of each one, like Mooladhara, what it looks like, what are qualities and so on. Every night I would meditate for eight hours. I have worked hard for all of you and now you have to work hard and meditate in the morning. I would work eight hours on every charka. I would request you people to work for one hour on every charka for eight days and then move on. Like every morning, meditate for one hour on Mooladhara for eight days and then move on to Swadisthana and so on. Then you all will learn the secrets and shakti of all the charkas."

Raolbai

I am like the source

I also remember this meeting we had with Mother. She gave us this sort of meditation in Her lounge, you know, where we were seven or eight people. We were Maureen, Gus, from the early days, Pat, Douglas. At some stage Mother was trying to sort of teach us who She was, trying to tell us who She was. And then She said, "The power of God actually just goes to the back of Me. I am like the source and it's just flowing behind Me." And that is when we started realizing that Mother was trying to tell us who She was. And then She was trying to work on our Mooladharas. And Gus was saying that he saw Mother as Shri Ganesha, He was quite struck by it and he was very surprised. He hadn't seen Mother in that aspect.

Djamel Metouri



Reading the praise of the Goddess

One time when we had a puja, the puja sort of started in the morning and went on through the whole of the day. And one particular puja, one of the very early pujas, we had a havan outside and we had this book of the thousand Sanskrit names of the Goddess. This was, I believe, actually the first puja in praise of Shri Mataji and was at Her house at Parklands, Hurst Green. We were sitting round there putting stuff on the havan and Shri Mataji was actually reading

the names of Herself. As She pointed out, She said, "This is very strange because you've got the Goddess reading the praise of the Goddess, which is rather unusual." Because She was the only one who could read them. But whilst we were there-and it was really cold outside, it was late in the year-and the whole sky opened up like a great big halo above us. The sky was quite dark, but there was a whole light patch above where we were because the vibrations that were given out had sort of caused the sky to open.

Douglas Fry.



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