

The Divine Cool Breeze



July - August, 2004



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

Published by

Nirmal Infosystems & Technologies Pvt. Ltd.
H.O.: Plot No. 8, Chandragupt Housing Society
Behind Hotel Grace, Paud Road
Kothrud, Pune-411 029

Printed at

Amarnath Press (P) Ltd.
WHS 2/47, Kirti Nagar Indl. Area, New Delhi - 110015
Ph. : 25268673

For Subscription Please Write To:

Nirmal Infosystems & Technologies Pvt. Ltd.
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SANKRANTI PUJA

14.1.2004 PUNE

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

From South the Sun comes to North, not because it revolves. Every year on the same date the Sun comes to this particular angle. Why do we recognize this happening so much? What is so special about it? Why do we feel so much of joy when the Sun comes at this angle? Because most of our things are performed because of the Sun. At night we are in the state of sleep, all our works begin when there is dawn. So the sun is the power that affects all our deeds and when it comes in our orbit, we begin to recognize it.

Most of the festivals are based on the situation of the Moon, but this is the only festival which goes according to the state of the Sun. So this is how 'Surya Narayana' (The Sun God) has much importance in our country. People go to take dip in Ganga River and perform different types of worships. However this day is very significant. We have to decide as to what is to be done on this day? What work is to be performed? We bow before the Sun, offer offerings and express our gratitude to it. But what special work we could do, particularly the Sahaj Yogis?

The Sun has its place at the Agya Chakra. You all know it, and think of the future with your Agya Chakra. So it is very essential to set the Agya Chakra right because it affects the Sun. The impact of

the Agya Chakra is that with it we get angry with the people, start misbehaving with them, get enraged and all the faith is shaken. Agya is very significant area which we must know about. It is the place of Jesus Christ. Jesus Christ told us to forgive everyone. Forgiveness is very essential. But how to forgive? Many people say that we wish to forgive but we are unable to. To forgive one has to be forgiving (क्षमनस्त्व). One has to think that everyone will have to face his deeds. What have we to do with it? What one says will recoil back on him, why have we to get involved? With such detachment if you forgive everyone then the Agya Chakra will be alright. Obstruction in the Agya Chakra stops the kundalini to ascend and to remove this obstruction we should know how to forgive. Every moment we keep on thinking as to who has tortured us and how. Instead we should think that we have to forgive. The moment we forgive, you will be surprised, the kundalini ascends immediately. Our purpose is to raise our kundalini, why should we be angry? Getting angry is human nature, not Divine, it is human nature. So we should control our anger and repeat thrice instead, 'forgiven, forgiven, forgiven' (क्षमा, क्षमा, क्षमा) and the obstruction of our Agya Chakra gets removed.

Eternal Blessings to all of you.

ADISHAKTI PUJA

Cabella - 6 June, 2004

(Internet Version)

Today we have to talk about this Power which is hidden in your heart by which you can do whatever you like to create a new world, a new family, new standards, everything that is not known so far. That is quite possible and it's being done, but what is quite difficult is how to make people more adaptable, more in tune with each other. It seems to be a difficult thing. They are alright among themselves, if they have their own friends, their own style. But to make them absolutely one, one with each other, in one tune, in one life is very difficult.

Now the problem is, we have beautiful people, beautiful souls, but they do not become so one with each other as they should have. Now, how to solve this problem?... .. if you see the original idea why we started this new kind of understanding, new kind of penetration, because we wanted to find the Oneness in every person. Now you should be very thankful that you are all One, One inside, there's nothing second. It's only One and that One when it speaks and when it wants to administer something, then you will be amazed that it is all done the same way, it's the same thing and it works out the same way. There is no change; there is no difference between the two.

Despite that our minds are roving, roving into the same sort of problem which has no significance in Sahaja Yoga. Now the main problem that we have is that we don't realize that we have no problem. We are without any problems. We think that there are problems and we should deal

with problems, but none of these problems are there. I don't see any problem anywhere. Those who think they have problems, I have asked them to write them down and I will try to answer them and tell them what sort of a problem it is. But before I could do anything, I would like to say that still our Sahaja Yogis have not come to that level to understand the Oneness, the uniqueness in their hearts. All this comes from within, not from without, so all efforts made outside is of no use.

We have to be effortless and become what we are. It's all there. Just you have to be that, to become that. This is rather difficult to understand for people who have different noses, different faces, different everything, to become the same. But you are, you are. Because you don't know that you are, that's why you are looking different. So, I have to tell you one thing: that you are all One.. One in the sense that your everything, impulse, every feeling, every understanding is the same.

.. it gives you the very wrong impression that there is different, but actually it is not. It is only One, one relationship, and this relationship is with the Adi Shakti, that you are a part and parcel of Adi Shakti. Whatever one may try, one cannot get separated from Adi Shakti. You are born out of Her and you are guided by Her. Everything seems to be one to Me while you people think there is a different line of action, which is wrong.

Whatever I may say is to be proved, otherwise why should you accept.. Myself

I am one with you and I will always remain the same with all of you; for me there is no difference. If that temperament changes a little bit you will see the oneness among all and the difference will be lost in no time.

It's very surprising how you understand each other. Unless and until you have proper understanding of each other you cannot achieve anything. That is essential, that is right, that is the truth. The truth started a long time back, much before anybody could think of having the truth. It all went out with so many things which were not truthful and then the truth went away.

The Truth is not so easily accepted as the untruth is. Why? Because we are standing in untruth. Our all understanding is untruth and we have to change our understanding to truth, which is not difficult because we are truth. We are the Truth. To become the Truth which we are, why should it be difficult? Should not, but it happens. So that means there is something wrong somewhere with us which we should find out. And the thing that is wrong is that we cannot face ourselves. We face others, not ourselves. We never see ourselves. We have no idea as to what our own situation is. And for that, you needed a Mother to show you. That's how the Mother came on this earth to tell you what's the problem with you within. This principle has to be practiced. And you will be amazed how much you have already knowledge about yourself and about these. There's nothing so special, nothing so extraordinary, but only thing is you have to be acceptable to yourself. I think people

are becoming Sahaja Yogis, but they are not. They are not Sahaja Yogis but they are trying to become. On the contrary, they should know that they are Sahaja Yogis and they don't have to become anything. Then there is no problem. We have to know that we are One, all the same. There's no need to have any ignorance of any kind. And when this happens, the problems of the whole world will be solved without any difficulty.

Today's Puja is a special one because you are doing the Puja of something that never went into any transformations, which was not changed at all, remained the same, born with the same and is still with the same. In such a Puja what anyone has to say? Nothing. Just be one with yourself. we have to be one with ourselves and not to get lost in the atmosphere or the other movements of the brain. Because this is the time when the brain starts moving and when it starts moving it loses its control over himself. Like a snake, unless and until it is in his own place, there is no danger, but as soon as it starts moving, there's a danger. In the same way, we have to know that our mind is very, very difficult and should not go into the wrong directions.

For that we have to do the Primordial Mother's Puja because we should try to be on the line of Primordial Mother. We have to keep ourselves Primordial. We have to work out our Primordial Self and not to change ourselves. We are just ourselves and **that's what we have to achieve: that Oneness with ourselves.**

"May God bless you."



YOU ARE THE LOVE

(The Name of Love decorated the puja hall painted on banners hung from the ceiling and walls)

You are the Love
in the first sound

You are the Love
in the sap of the tree

You are the Love
from beyond infinity

You are the Love in
the caress of the sun

You are the Love
in the first dance

You are the Love
in the majesty
of the mountain

You are the Love
in your pradakshina
around the Father

You are the Love in
the foam of the water
You are the Love in
the music of the sea

You are the Love that
twinkles in the stars

You are the Love that
sings in the wind

You are the Love
in the ocean
of Your eyes

You are the Love
that glitters in
the crystal of snow

You are the Love
in the quiet splendour
of meditation

You are the Love
that germinates
in the flower

You are the Love
in ananya bhakti

You are the Love
that is secret

You are the Love
that is sacred

You are the Love
that nourishes bliss

You are the Love that
rests on innocence

You are the Love that
all creatures seek

You are the Love
that melts the ice age
of this Kali Yuga

You are the Love that
shines in the light of
the Golden Age

You are the Love
that warms our
closed hearts

You are the Love
which gives its
shape to beauty

You are the Love
which gives its
radiance to goodness

You are the Love
which gives its
balance to justice

You are the Love
which gives its
strength to
righteousness

You are the Love
which opened the
eyes of Parameshwara

You are the Love
in the eternal sprit
of compassion's
deepest well

You are the Love
in every movement
Your eyelashes

You are the Love
in the cosmic tap
of Your leela

You are the Love
in the fervent prayer
of all Your bhaktas

You are the Love
of caring mother
in every living cell

You are the Love
that makes the
world go around

You are the Love
for which the whole
world dances

You are the Love
that made us Safe

You are the Love
that is Nirmala

*The rays of sunlight,
the waves of cool air surrounding Her,*



*the way in which the flowers were facing,
the scents, right up to Her house,
turned towards Her*

Shri Mataji Nirmala Devi in
PARIS
31 August to 4 September 2003

Majid Golpour: How can we set about telling our non-yogi friends "Do you know who we had as a guest today?" As you know, for the moment, we, the yogis, are the only ones to have access to the secrets that Mother occasionally reveals to us.

How can one describe the beauty of these last few days? Every day, while Shri Mataji was making Her way through the streets of Paris, we heard many people around us wondering, "Is this the Indian royal family, some Maharajas?" People spontaneously came up humbly to ask who She was. For those of us who know who She is, it was as difficult to reply then, as it is now. We did not know what to say.

The first of our observations is that we would need many filmmakers, poets and writers to come and help us describe to you the true beauty of the Adi Shakti's sweet trip to Her own creation. .

I would just like to give you an outline of what the Mother, through this present incarnation and all Her history, let us experience. How can we, such small human beings, arrive at this stage of evolution where we are able to feel Her presence from so close by?

I learned in the Islamic traditions that an incarnation is the centre of gravity of the world and right up to Mother's arrival at the Paris Airport I had not understood what this meant. Imagine the moment of Her arrival, the rays of sunlight, the waves of cool air surrounding Her, the way in which the flowers were facing, the scents, right up to Her house. Everything turned towards Her. We saw the world in Her and, through Her, we understood the meaning of our day. Even the cells of our bodies did not want to sleep at bedtime.

No negative thoughts could enter us. They fell away before reaching our mind. All our physical or verbal gestures became melodious. Everything happened magically around Her and for Her. In each epoch there is a divine incarnation. Without this incarnation, the world cannot survive. It is at that moment that we experienced this wonderful life, in Her house, with Her. Her house has been transformed into a real paradise. Even the Sahaja Yogis who lived in the house no longer recognized their own bedrooms.

We remember so well the support of the vibrations, from the Ganas, while we prepared Her house during the weeks beforehand. We still keep that coolness. Even when we surpassed ourselves physically and mentally, it was pleasant and we all discovered hidden resources within. For the first time, the building work was carried out, not without effort, but without the tidal wave of the right side, as if Mother had constructed solid dikes to stop us leaving our course. It was remarkable.

With each wish to embellish Her house, solutions came to us, just by being aware that it is She who resolves all details. Of course, there was "Nirmal Source," the vibratory workshop, Her gift, which was enjoyed regularly. And the work on ourselves was so intense, deep and sometimes difficult to contain. We had never seen that. It was like during a Sahaj seminar. She was preparing us to be better instruments, to be better able to receive Her. It is She that brought us closer to Her.

All the Sahaja Yogis involved in all aspects of the preparation found themselves rapidly brought into the centre and they cleared out deeply. We were surfing on a wave of dynamic love, which acts and transforms. We had all worked for Her, but, in fact, we had all worked for ourselves as well.

The flowers offered at the airport were in perfect harmony with the colours of Her sari. Three times Mother breathed in deeply the

powerful scent that emanated from these flowers. Progressively, as we approached Her house, in the company of Sir C.P. and Shri Mataji, we started to appreciate the surrounding area more and more. We realized that we were not the only ones who had been getting ready for Mother's arrival. Actually, all the towns had decorated their streets with magnificent flowers, especially red ones.

Shreedhar Buyle: Mother joked about Her age and the fact that She no longer remembered all the routes She had taken over so many years on every continent. I took a road that made a detour in order to avoid another shorter one that had many speed bumps. As we neared the ashram, Mother remarked gently, "I believe the other road was a little quicker." I could not help laughing at that sweet vision of the humble and, at the same time, all-powerful greatness of the Adi Shakti who was getting ready to see Her children again.

Majid: During those days, I was able to massage Mother's Feet for up to five hours at times, reminding myself how Her Feet had taken charge of the grief and despair of all Her children all over the world and how these children had been comforted by all the love coming from Her Feet.

During these massages, we prayed that we would be aware of the intensity and the depth of Her work and that the reality of the Divine Incarnation would enter our small human consciousness. We prayed that all the badness and negativity that were absorbed by this body would come back to our small hands, so that our Mother would not suffer more from this work. We prayed that we would be able to get rid of the conditioning that makes us believe that incarnations are here to suffer in our place. We prayed that humanity would adopt this good resolution to be able to adore the Divine Incarnation in Her presence and that, for years to come, our Divine Mother would be able to spend relaxing moments and holidays, outside

the times for pujas, where She would be the subject of our adoration.

We prayed that, as Sahaja Yogis, thanks to our resolution and the quality of our attention, we would be able to succeed collectively in lightening the work of our Mother, so that She may be able to begin Her holidays on Earth starting now. We prayed that our Divine Mother accept the idea of holidays because She has never allowed Herself the idea of not working for the world.

Moreover, during one of these prayers, Shri Mataji said to me, as if She was reading my mind, "We have never really thought of having a holiday." I was able to say that the primary income of France was from tourism and that the fact that She was putting Her attention on tourism would only help our country.

During the massages, we had the opportunity to mention to Shri Mataji that, for us, it is evident that without Her the world has no future, that with Her all the quarrels between religions will end because She is proposing one sole religion for everyone, which incorporates the roots of all religions. Shri Mataji then told us that the problem with all these religions is that they have forgotten the feminine aspect of the Divine. We were then able to affirm that, thanks to Her, this aspect will be able to fully take its proper place.

After that Shri Maraji asked us how we could get that idea through to people and affirmed, to us that if each Sahaja Yogi did his work, we would be able to transmit this message to humanity.

We also recalled all the predictions made in the past, that Her incarnation would live for a hundred years on this Earth, in addition to the fact that She would travel less and less and receive fewer and fewer people because all the collectives of the world will come to Her, to Her Feet.

Shreedhar: While massaging Her Feet, the words of devotion were like a mirror in which God became aware of His/Her Divinity. The visible dimension of Shri Mataji became extraordinary at that moment, shining and powerful. Her face lit up the whole room.

Gyanendra Even: I was the guardian of the house. My role was directed towards a vibratory perception of people coming to the house. Working for Mother allowed me finally to live each day using my perception of vibrations fully.

At one moment, Shri Mataji asked us to change the position of the furniture in Her, bedroom. It was a unique experience for me to be directly at my Mother's service under Her orders. Surrounded by scents and flowers and with the direct attention of my Mother I felt I was transported into another world. I did not even feel the weight of the furniture. Through the different placings, chosen one after the other by Shri Mataji, we realized all the depth behind each detail. I felt that it is this depth that we should experience in every moment of our everyday life.

It is astonishing how many French yogis, yuva shaktis and children were able to feel through vibrations, Mother's arrival in France at the exact moment, when some did not even know She would be coming.

Majid: Shri Mataji proposed a little visit to Paris that we thought would last a few minutes, but which turned into a visit of more than five hours, with Her attention on each detail. We were struck by Her capacity to discern, among products of highly reputed brands, finding the item of Her divine choice. This choice was so perfect that even Her car stopped in front of the desired shop. Afterwards, Mother paid particular attention to French embroidery.

From:
(The Divine Cool Breeze)
America

SHRI MATAJI IN PARIS

The shops chosen did not appear special from the outside, but once Mother was inside, all the objects took on their full value. (It seemed that the ganas themselves were taking care of the objects chosen by the Divine). Among the twenty shops in the street, Shri Mataji chose precisely the only shop that could offer all the possible choice and all the most beautiful objects. With a most particular attention, Mother bought small presents for Sir C.P. and Her family - a cup; a set of table mats from Provence, a model boat, a small piece of china. The surprise with Shri Mataji is that She always tells you everything in advance, without Her apparently being able to know.

Collectively, we wanted to really take care of Mother, but, as usual, it is Mother who took us at our word and, one by one - children, yuva shaktis, all the towns in France - She placed Her attention on us and gave us all Her benedictions.

We really need to discover Our Mother. When we place our small human attention on Her, She automatically generates Her vibrations of love. We understood that it is false to believe that Shri Mataji, as an incarnation, is not sensitive to our attention and our intentions. While She carries out a task that touches the depths of human consciousness, with all

that that implies in terms of anxiety, insecurity and despair, we understood that it is absolutely false to believe that we cannot be of some help in this work.

We do not know how Mother will use us in this work, because She is the very source of this work as Shri Adi Shakti and will never let this need be known. It is there that the depths of our devotion, as child of Our Mother, are revealed to us. Actually, She has made us and we are born uniquely to express our love to Her and the love that humanity bears for Her.

All the French Sahaja Yogis tell themselves that, if we can do it today, why put it off until tomorrow? That is why all our collective, from Martinique to New Caledonia, from Monaco to Lille, all the Sahaja Yogis were transformed for a week into drivers, chauffeurs, painters, woodworkers, cooks, etc. We were transformed joyfully into servants at the service of our Mother. What an extraordinary discovery to see that even people from the outside world became aware that it was not a question of "a personality cult," but people who were transforming themselves and finding the richness of their own personality in this task.

In fact, our collectivity only served for five days out of the 365 in the year, but we would like (selfishly) to reverse those

figures, whilst still remaining generous towards our brothers and sisters of other collectives. We believe, to suggest emerging future trends, that any collective that wants to surpass its Sahaj conditionings and to breathe the cool vibrations of service to the Divine, should venture forward in its own way to express its love.

The French Sahaja Yogis, even those who were not able to be physically present, retain a wonderful memory of their adventure and, believe us, we really experienced all these moments collectively.

Majid Golpour, Shreedhar Buyle,
Gyanendra Even, Benoit de Beffefroid
(The Divine Cool Breeze, America)

MAHA AVATAR

MESSAGE FROM

HER HOLINESS MATAJI SHRI NIRMALA DEVI

"Today, Sahaja Yoga has reached the state of Mahayoga, which is en-masse evolution manifested through it. It is this day's Yuga Dharma. It is the way the last judgment is taking place. Announce it to all the seekers of truth, to all the nations of the world, so that nobody misses the blessings of the divine to achieve their meaning, their absolute, their spirit."

(Maha Avtar-1980)

SHRI GANESHA PUJA

(2003)

The duty of the elders

It is the duty of older Sahaja Yogis to look after the children, "to have better moral standards, to have better lives so that they follow your life and become genuinely good Sahaja Yogis. It's a very big responsibility. Perhaps we don't recognize it, we don't understand, but all these are little creatures, who are after the image of great souls and they should be brought up in that way, respected in that manner and loved with great care. This is to be understood."

The older people in Sahaja Yoga do not consider the children worth bothering about. They do not try to understand them. They think they are too intelligent, too good and we need not waste our energy with them....

"But today, when we are sitting here to worship Shri Ganesha, we should know they are all incarnations of Shri Ganesha and they should be given proper attention, proper understanding." There are a certain number of children "who are very well-behaved... who are very spontaneous and there are some who have no idea what they are doing.

"So it is the duty of the elders to put ideas into their heads" so that they have "a proper understanding about themselves and self-respect. "In the

same way, the elder Sahaja Yogis should look after their younger brothers and sisters.

"In this family of ours, which we call as Sahaja Yogis, there are all kinds of people, all types, all behaviour. Of course, they should not be regimented, there should not be uniformity, but, in that variety, there should be beauty, there should be a beautiful trend of being one with each other."

Understanding Shri Ganesha

The elders in Sahaja Yoga should make a solid contribution to the lives of those who are younger. The first thing is to tell them about Shri Ganesha, His qualities and what He represents. Once they understand that Shri Ganesha is generous and kind and forgiving, they will be amazed because they are also small and they will also take to that kind of life.

"I find some children very sensible and good, some are naughty and some don't understand what we are doing here. Whatever it is, they are, after all, children and what you have to do is to look after them, respect them and give them the full idea about Shri Ganesha."

Everyone should have a statue of Shri Ganesha in their home. The children will see it and ask, "Who is He? What is he

doing?" And you will be amazed how they will understand Him, how they will understand His qualities and how they will work it out. It is important for all of you to have at least one Shri Ganesha in your house, so that you can tell your children that 'You all have to become like Him'...

"They won't understand chastity. They are too small. They won't understand all those qualities. But one quality they will understand is to be honest."

Gradually all the difficult ones will go down. They don't understand My lecture, they don't understand what I am saying, but any oppositions within those children will show very well. Because they are so innocent and so simple, their innocence will help them, to expose them to reality.

"I hope you all look after your children, guide them properly and take them to a level of understanding that they understand what is their position, what qualities they should have, why will they be respected. You will be amazed that their behaviour will change the behaviour of all the other children."

Just because you can keep quiet and sit still does not mean you are a grown-up. "You are grown-up only if you can imbibe the qualities of Shri Ganesha. I have seen people who are very grown-up still do not have simple qualities of chastity, of honesty. They don't have and they can't have because they don't think it is important. So I leave it to you to find out Shri Ganesha within yourself."

They will understand love

I enjoy the company of children because they are so innocent and so simple-hearted and I like them very, very much. So you should not get afraid or frightened of their mischievousness.

On the contrary, you should know they deserve much more love, much more understanding and much more scope to grow.

"I hope by the time they will be of your age, they will be great Sahaja Yogis. They will understand what we are doing here."

"I had to face mountains of nonsense with the older people, but these won't have that. They will be very simple, very sweet and they will understand love."

WISDOM

Only comes through understanding what wisdom means

You might find somebody extremely wise, maybe your servant, maybe your driver, maybe anyone and you are amazed how such a person can be so wise because maybe from his last life he has got it within him or he has gone into it and he found it.

It's not the state of one person. It's not the property of one person but it can belong to many of them.

So the Sahaj Yogi is the one who has to have that wisdom. Why are you doing this? What is the need to do it? They don't have to ask any questions. They just don't do wrong. They just don't do wrong things. They are always on the right path. That is the sign of the Sahaj Yogi, I believe, and which is the blessing of the Goddess.

If there is the power of the Goddess working in you, you will have the wisdom to work it out.

Navaratri Puja 2002

Wisdom is a thing that gives you, first of all, complete peace. If your wisdom is developed, then you become very peaceful because whatever people may say, whatever they may do, whatever aggression they may do, whatever it is, you are peaceful and you see the stupidity of the other person, of the other nations and you understand why they are doing it.

Navaratri Puja 1998

Wisdom doesn't mean that you know how to argue things or you fight with people. No, it doesn't mean that. Wisdom means how you take to the good side of everything to enjoy it. This is wisdom and that you avoid all destructive things and take to something constructive.

Hamsa Puja 1992

Wisdom plays such a part in life that whatever may happen outside, whatever may be the trend, whatever may be the fashion, whatever may be the people are all changing into, you do not change. You change within.

Shri Ganesha Puja 1991 Pune

Meditation is the only way. You give up your left and you give up your right and you are just standing in the center, enjoying the wisdom, enjoying the joy of your being.

Shri Ganesha Puja 1991 Pune

Wisdom is not apparent outside. You can't say somebody is wise by looking at that person. But in vibrations you will know that that person is extremely wise. He may speak. He may not speak. If he speaks, he will speak about something so deep, so wise and so nice without hurting.

Navaratri Puja 1998

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

Navaratri Puja 2002

Wisdom is the sign of a person who is really a realized soul of a very high level. If you don't have wisdom, whatever you may do, you might feel satisfied about it, but the wisdom part is very, very important.

Navaratri Puja 2002

"Am I being a wise person?" That is the first sign of the blessings of God. The one who has blessings of the Divine is a wise person, is very wise and his wisdom is shown by his silence. And his whole power, his divine power uses that person as a medium and works tremendously. That man himself is surprised how it has happened.

A woman can have that. A man can have it. Anybody can have that wisdom, that profoundness, that temperament, which is so beautiful and so empowering.

Navaratri Puja 2002

Wisdom comes to you automatically. But through experience, then you know this is the right path. Through experience you start understanding.

Hamsa Puja 1992

Human beings...will not understand something straightforward. So it has to go round and round till they reach a point to understand that it was the play of the Mother that brought them to this shore of wisdom.

Navaratri Puja 1998

The first quality of Shri Ganesha is that He gives us wisdom and that wisdom gives us the sense how to behave, gives us the balance and gives us the sense how to behave towards ourselves, how to preserve yourself, how to respect yourself.

Shri Ganesha Puja 1991 Australia

Shri Ganesha is the giver of wisdom, how to behave at what time, how to say at what time, how far to go with everything. It just should become innate, sahad. You don't have to work it out, but should know.

"Now I'm a Sahaja Yogini." Every morning you should tell yourself, "I'm a Sahaja Yogini. So how far should I go? How should I behave? What should be my attitude?" All this can be very easily understood if you develop this lotus of wisdom.

How does a lotus come out? There is a seed which sprouts... There is already the seed within you. All of you have got it and now it has started opening because you are realized souls. Allow your wisdom to take over...

There's a very simple way of doing it-surrender to My wisdom and the wisdom itself that is in you is active. It will work.

Diwali Puja 1991

Those who do not meditate will be lost to Sahaja Yoga because wisdom can only grow through your inner inspiration. You can have this inner inspiration only if the power of Shri Ganesha manifests. He is the giver of your wisdom.

Shri Ganesh Puja 1998

It's very difficult to say how to become wise. It is just that it happens that you become wise. So, though He's a child, He's so matured. He's so wise. And He's not only that, but He emits wisdom and this wisdom is an innate quality of anyone who is a Sahaja Yogi because in him, also, Shri Ganesha has been awakened.

So he becomes a wise person, very wise, and with wisdom what does he achieve? He achieves a balance, a proper ascent and also he understands that this ascent is for his benevolence, for the benevolence of his country, benevolence of the whole world. He understands the importance of Sahaja Yoga.

Without this wisdom, one cannot understand. And this wisdom is within us, just absolutely, innately built in. Only thing is we have to use the storehouse of this wisdom that is within us.

Shri Ganesha Puja 1991 Pune

One may say, "Mother what is the source again of this wisdom?" The source is Shri Ganesha.. Once Shri Ganesha is insulted and He disappears behind the clouds of ignorance, then people start doing things which are unwise.

Shri Ganesha Puja 1993 Germany

The greatest boon of the Devi is to give you wisdom. You can call it awareness. You can call it anything. It's kind of a wisdom by which you become absolutely a divine personality. That wisdom you must reach through your bhakti.

Navaratri Puja 2002

The Divine needs you. Divine doesn't want you to die or to finish off, it needs you very much. It has to do its work and you are the instrument of that Divine.

If you have wisdom, you are the best instrument for the Divine to work it out.

Navaratri Puja 2002

Wisdom is... a very innate quality, very innate. It's not superficial.

You cannot just say that this person is wise or not. It shows that, just like a power, it's a power of understanding and is supported by the power of the Goddess.

So, She's the giver of wisdom. This is the biggest quality of the Goddess that She's the giver of wisdom. And wisdom comes as a part of the evolutionary process.

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

Navaratri Puja 2002

Those people who have got wisdom are very lucky people, but wisdom comes from no source but your own understanding of life. When a person start thinking, "Why am I doing such and such thing? What is the effect of my doing? What is the result of my behaviour? It is good for me or bad for me then wisdom comes".

Shri Ganesha Puja 1993 Germany

A person is wise who does not only know what is right and wrong, but also he knows very well his own power not to do something wrong. He just does not do it.

Wisdom is a complete power within ourselves by which we try nothing. It just spontaneously works through us and we do things which are proper and right.

Shri Ganesha Puja 1993 Germany

Your innocence itself is a power and your innocence will definitely give you that wisdom by which you can solve all the problems without any difficulty.

Shri Ganesha Puja 1990

Wisdom means that it gives you detachment, detachment from all that is selfishness, self-centredness, self-obsession, ego-all connected with self. Can you imagine?

Diwali Puja 1991

Why not develop a personality that, "I'm always in joy? Anything I see, I feel joyous. Anything I hear, I feel you." Then this lotus of your fragrance will improve and then activity of your wisdom will be that you will take all that is very beautiful easily. You'll get all that is very satisfying, very joyous.

It's kind of an activity of this wisdom within you which just leads you to people who are extremely nice, to situations which are very beautiful where you discover nice things or to such beautiful creations that you would never expect to see.

It's very, very important to understand that you tell Me, "Mother, this miracle happened, that miracle happened." It is nothing. It is your own wisdom. Your own spirit is working it out. You don't have to do anything.

Diwali Puja 1991

We have to understand that our wisdom is not something that could be inculcated. It cannot be something that can be manoeuvred. It is something very innate and it comes through our maturity.

Shri Ganesha Puja, Kalwe 1991

This is the point one has to reach, where you understand you have to have wisdom. If you are lacking in wisdom, then you are not a self-realized person.

Krishna Puja 2000

Your spirit cannot have a problem. It has no fear. But above all, it has wisdom, tremendous wisdom. And that wisdom is the one sign of you being a very higher personality.

As I told you, this is evolution. And when you are transformed, you are evolved. Of a very different nature you become. And you are to stand out.

Krishna Puja 2000

If you really know yourself, you will have such powers of courage. You will not be a daredevil, but with wisdom. Courage with wisdom, you will have. And that is what is your Self, which will give you lots of wisdom and lots of courage.

It's not a fighting spirit. It's not a violent nature. It's not a crude nature, but it's a very silent, beautiful, courageous attitude.

Birthday Puja 2001

प्रतिबोधविदितं मतममृतत्वं हि विन्दते ।
आत्मना विन्दते वीर्यं विद्या विदतऽमृतम् ॥
—केनोपनिषद् (2/4)

That alone is knowledge
By means of which
One perceives the Self
That leads to Immortality.

VIBRATIONS

In our heart, there is a flicker of light, which is burning all the time, which is Atma, the reflection of Parmatma in our heart. When the Kundalini rises, She opens the BRAHM RANDHRA. The seat of SADASHIVA the Pitha is in the Sahasrar, but Sadashiva is reflected in the heart as Atma. Pitha is created because it receives the subtle energy which is all pervading.

In the same way, Pithas are in the brain, and the Pitha of Sadashiva is higher up in the Sahasrar, which is opened out, so that the subtle, the sukshma, passes into our heart, through a very subtle channel. Just like a gas-light, it has a flicker, and when the gas opens out, the prakash (enlightenment) occurs. Vibrations are the passage of this subtle energy through us. These vibrations start flowing through us only after our Kundalini rises through the Brahmrandhra.

Vibrations give us complete balance, correct our physical being, our mental being and our emotional being. They give us a sense of complete spiritual oneness with God. They integrate us completely.

Shri Mataji
(Maha Avtar-1980)

CREATION, MAN AND HIS FULFILMENT

In this lecture I would talk about the creation. I would switch on from the time, when we were just amoeba. Every scientist who is open minded can see for himself that this universe is a beautiful cosmos, is very well organised and has run very smoothly and can also deduce that the creation of this particular universe has led to the creation of this Mother Earth.

About five million years back, this Mother Earth which was in gaseous form condensed and was cooled down. How was it cooled down to the extent it did? Scientists accept this fact just as it is; they cannot find out because they have limitations. Why this thing happened? How it was started? It is easy to say there is no God but very difficult to explain many things without saying that there is God, e.g. the time that was taken for this universe to create a human being, is so very short, that nothing else can explain it.

If you use the law of chance, we can find out how many times the permutations and combinations have to work to create even a living cell. For example, in a test tube if you have 50 red pills & 50 white pills, all arranged in such a manner that all the red ones are at the bottom and that white ones are at the top. You have to go on shaking them, and the arrangement of the pills gets disorganised completely. Then to organise it back fully into the original arrangement, how many times one has to shake? They have discovered a formula, that is n raised to power something,

something. According to this formula, if human beings are created by chance, it seems an impossibility; because the time that is taken so far is so short that only, at the most, may be, some living cell could have been created.

Why a complicated human being has been created and so beautifully it is organised within himself, that it is hard to believe that some juggler was not behind the show. There must have been some scientist who has achieved these results. It could have only been possible by some special hand to do these things; I mean if there was no organisation, no thinking, no planning, no powerful personality, The Almighty behind it, it could not have been possible.

As science has its limitations, of course, we cannot find out how was it expedited, how it took place? But we can see, that we have achieved something in the field of science, by one method, perhaps similar to one that was used to trigger our evolution so fast.

When I was a young student in school at that time I could never have believed that we could ever reach the moon; none could, have believed. If anyone would have said, that, the people would have laughed at such a conjecture. Even today if you tell my grandmother, she does not believe it. She thinks it is just a story you are telling. But we have reached the moon, no doubt.

In this system, we have used very wonderful system of putting 5 capsules on into one another & the first capsule, the

lowest one explodes and triggers the movement of the rest of four capsules. When the second one explodes, it gives an acceleration many more times than that with which it was already moving; the speed increases in such a tremendous way that suddenly we find that the acceleration is a very high multiple of the first one; then the third one when it explodes gives another push to the capsule. Next, the fourth one explodes; then the fifth one which contains the spacecraft. Through this kind of explosions from one to the other, through that built-in mechanism, we have been able to achieve a very high acceleration for the spacecraft.

In the same way our evolution has taken place. We got this idea without even knowing about our evolution from the UNCONSCIOUS. We have come to know how it has happened, but we cannot correlate both these together. So, in the same way a human being was created out of amoeba or amoeba was created out of all the elements. In the same manner we can say that we were made again of five capsules. The first one is the physical, our physical being. Inside the physical being was kept the emotional being. Inside the emotional being was kept the spiritual being & inside the spiritual being was kept the spirit or our attention.

We can say, KUNDALINI is the one that triggers, that is the one that explodes.

So Kundalini force is in everything, but in the most affective, the best, the highest

form, it is in human beings. It is this force which exists in every one and evolves everything, say from carbon to the amoeba stage and from amoeba to animal stage & from animal to human stage. Even in elements it exists because the elements also evolve. We do not know how they evolve but it happens in Nature, that elements start changing their forms & mass and they become different elements; we have no idea of this because we have no way of measuring the quantity of this change that is taking place. Then the animals also change, from fishes, many become reptiles, out of reptiles many become mammals, from mammals, many become primates, monkeys and then human beings. All this happening takes place. How many are destroyed, how many remain, how many are transformed, nobody has kept any account of it.

Today, we talk of population problem, perhaps many animals have taken birth as humans. You can see the effect of that, the way people are behaving; you can be sure that many animals have taken human form and they have yet to go through lot of evolution & training as a human being to understand the value of human life. A human being starts evolving within himself.

Now we have been human beings, as they say, for 14,000 years and we have been growing inside through our freedom. Human beings are the only people who get freedom to evolve themselves to understand what is wrong & what is bad.

This freedom is granted because without freedom you cannot go any further. For example, when you start studying in a school, you are told to learn tables $2 \times 10 = 20$; you learn by heart and do not question why it is so, but just go on and on. But when you reach a certain standard of education, say graduation or post graduation standard, then you are given freedom to write on this subject-why is it that when you multiply 2 by 10 it is 20? It is because you have reached a certain stage of development. At this stage you are given freedom to find out for yourself. That is how you are developed and then by this development only you can teach the other people who are coming up. This is the way the evolution has been.

So far you have not felt your evolution from amoeba to this stage. You do not know how you became a human being, you take it for granted. Even if you see your eyes, they are so complicated. It is such a complicated organ that if you start studying them you will be amazed how things are made. If you just prick a pin in my finger, immediately there is a reflex action. It is so nicely built, it is so nicely arranged; it is so quick, it is so efficient, that one is surprised and amazed at the wonders of this kind of organization, that is this human body. But you see what human beings are, they are inefficiency personified. I sent four telegrams to my daughter and today she says, she received one telegram after one month.

Human beings have been given freedom to understand, to develop their own efficiency, to receive the ultimate knowledge of the Creator of this creation and the powers of the Creator. That is why, the Kundalini is placed in the human beings alone though there is Kundalini force and there is Kundalini in another form in everything that exists. Only in the human beings, this force is kept in the triangular bone in dormant state, to trigger their last jump into the unknown. Now this Kundalini exists, this is there.

But to begin with, if I say before starting all this creation, who was created first, it is most interesting & may not be very congenial to the mind of a scientist. It is much beyond science I am talking now, that much before anything was created on this Earth. Holiness was created, that we call the Pavitrata. Sri Ganesha is the deity of that Holiness, God has created this Holiness to protect this creation. This atmosphere of Holiness He created to protect all the people and all the creativities which are there and which are being created by Him, otherwise nothing would work out. Just think if one of the Oceans was deeper even by 10 feet the balance of Earth would have toppled down; just imagine what a speed this Mother Earth has, it revolves with such a tremendous speed, goes round the Sun regularly in a proper way, not in a round way, but in a special style as you know. She creates day and night for you. Day to work and night to

rest. How She Herself has created this beautiful atmosphere for you and has maintained the balance and the temperature that was given to Her, is only done by the power of Holiness that was created first.

Now, man in his foolishness is challenging that Holiness. He thinks he can challenge God, that is the sign of his awareness. If he had risen to that height where he could feel God pulsating in every thing he would never have done that. But before he could reach that state of perfection he has started talking about God. Who is going to challenge his authority is stupid man, who does not want to achieve his perfection and wants to talk big.

All pervading power is of Holiness which corrects, which guides, which coordinates, which loves and which organises everything for you to get this awakening within you. So one must understand, how Kundalini awakening is the most important thing that has to happen. Kundalini awakening is the only way you are going to know your spirit. This is the most important happening in the history of creation. It is like laying out the garden, then you plant the trees, the trees have flowers and now the time has come, the fruits must appear. It is the most important thing and has to happen. Every individual who is seeking the TRUTH will know it.

The trouble with truth is, that you have

to seek it with all humility in your own being. No body can hypnotise people for seeking truth, those who are hypnotised cannot understand. In all your awareness, in all your dignity you have to get the knowledge of truth.

But it is not just giving you a lecture that you are going to understand. It is not brainwashing that has been done by all nonsensical people throughout. It is the happening, the actualization by which you reach that state of awareness, by which you develop the dynamics of collective consciousness, by which you become collectively conscious, is an awareness which develops within you - is real actualization.

As you are a human being, you know that when this capsule of human being was triggered you got lots of things, e.g., your awareness is more than that of animals. The University itself, animals do not have any universities. Animals don't understand gardens, they don't understand dirt and filth, they don't understand beauty. All this has come to you, deep within you manifested as soon as you become human beings.

So, as soon as you become super human being through Kundalini awakening you become aware of yourself within and you become aware of others within. This is the collective consciousness. This is, what Sahaja Yoga is. Sahaja Yoga is the system of nature. The way this creation took place is also Sahaja. 'Sah' means with, & 'ja' means born, Sahaja means born with,

Every thing is built in within you like in a seed.

If you see a seed, it has a primule within it to sprout. Seed has the complete power of the tree it is going to be. The whole thing is in the seed, in the same way in the human seed the whole picture of what he is going to be, is built in the whole mechanism, is placed within.

Now there are the undercurrents of your being, which I will be describing to you. What are the forces built up inside human beings? Only thing I would like to say that you are like a computer, you are already made like a computer, only thing is that you have to be put to the mains. If you are put to the mains then the computer starts working by itself, but it is the way you understand a machine. You are a human being, you know what is love. To a scientist I cannot talk of love, I am talking of Divine Holiness, the love of God which has created you, which wants you to know Him. Through science you cannot do that. Every scientist must be loving somebody if not his children at least, his dog. He must be loving flowers, if not flowers he might be loving his horses, but he knows what is love. And if he can understand that spark of love, from where it has come, love that I am talking about is a synthesis of all these powers.

Science deals with only a very little portion, I will also tell you which part of this

power deals with our physical being and out of which how much a scientist knows. You will be surprised that if knowledge is an ocean, the scientist knows only a drop. And to know the Ocean, the drop is to be dissolved in the Ocean. But a drop cannot by its own effort become the Ocean, the Ocean has to dissolve the drop. And that is what Ocean has to do, if the creation has to have its fulfillment and His beautiful creation is manifested in the human being. The human being must find out his fulfillment. If he cannot find out his fulfillment, he cannot reach perfection in anyone of his endeavours. God, Himself will not rest till He does that. For, who would like to destroy one's own creation. In thousands and thousand of years of time this has come to its fulfillment and if it is to be done by me, if I am the person who is supposed to trigger your Kundalini, why should you have any objection? Thank God, I was not a scientist, otherwise I would have finished my life making an atom bomb. Thank God, I was not scientist otherwise I would have gone mad, listening to mad people. Thank God, I am not a politician, you know how they are.

Thank God, I am none of these, I am just your Mother, concerned, absolutely concerned, about your ultimate well beings and not about superficial things.

**May God bless you all.
(Nirmala Yoga-1980)**

**TRANSLATION OF A LETTER OF H. H. MATAJI SRI NIRMALADEVI
WRITTEN IN MAY 1977, FROM ENGLAND TO HER DISCIPLES IN INDIA**

My dearest Sahaja Yogis:

My Blessings to you all.

News has been conveyed to me that a new Centre is functioning in Muskwadi Village (Rahuri), where thousands of people are getting Realization. The achievement has been made only because the workers over there have knit themselves in bond of wonderful Love. They never try to complain to anyone about anything but instead overlook and ignore in case someone commits what may be described as an error. This broad-mindedness is capable of generating feelings of happiness in one's self and acts like a magnet where others are concerned.

This broad-mindedness is the quality of a human body and gets multiplied with the awakening of the Kundalini. This is the manifestation of divinity. But those people who remain in "artificial" environments only, they cannot enjoy this Bliss. Your Kundalini has been awakened; and it has pierced the apex of the brain (Brahmrandhra) but still the heart also has to feel 'awakened'. In case one's heart is like a stone and he is unable to shower Love on any one; he uses unpleasant language in conversation with others and is very particular to stress that he himself is really someone special; then he is not fit for becoming a Sahaja Yogi. Of course, such is the nature of certain people. Many a time, I have observed that before myself, some of you try to push others or frown upon them with anger etc.

When someone speaks harshly to little children, then I feel a stab on my heart. Tell me, in Sahaja Yogi, should not there be exhibition of loving feelings? People who are the off-springs of the same Mother very often "fail to realize that they are the children of their Mother in reality. This fact is well-known to you. Then, why should you have the feeling that someone else is superior or inferior to you. Are you without blemish and capable of being such a judge? People talk of "universal brotherhood of man" but is this feasible if we don't love each-other as we should. At the moment, all I have to say is that you must use introspection and discrimination and rid yourself of such 'poison' as it is only then that you will make a real Sahaja Yogi.

In case a Sahaja Yogi comes to your place, invite him as if he is one of your own brothers. Look after him nicely. This will purify your household. I cannot understand how and why Sahaja Yogis form 'groups' as with every passing moment your position improves or deteriorates? Such formations can lead to total annihilation of the Self. You should try to own whatever is good in others and ignore what is not so as this can be looked into by Me. In meditation, you will realize that this is the door to ETERNAL BLISS.

One who remembers you always
MOTHER
NIRMALA
(Maha Avtar-1980)

THE RELATION DETACHMENT-INTEGRATION

—Arnew Kalber Matten, Switzerland

As Sahaja Yogis we have noticed quite often how afraid people are when we talk about detachment. They associate detachment to disdainful behavior towards people who are not so evolved, or to coldness and dryness towards others. They believe that it is a way to avoid to face reality in the daily life in order to keep themselves away from the assaults of our society. They declare that detached people are selfish people, arrogant people. But few other people profess that it is impossible to be detached; that to be detached means be without understanding. Non-Sahaja Yogis could argue for hours against detachment without bringing new elements to the real answer: can we be detached?

We, as Sahaja Yogis can give absolute answer to every absolute question. The absolute question is: is detachment possible?

Yes, detachment is possible, more than possible, necessary. The great test is in the family. The people who can influence with their negativity the most are those who stay the nearest to us, who are too attached to us; the parents for instance. They can use this attachment bondage by creating tense relationships with their children. It is quite common that the child with the most beautiful personality is often the one who is the most submitted to these bondages, and gets most involved.

Detachment does not mean to break all the ties with their parents, on the contrary, it helps to establish proper ties. May be it

could be a kind of escape if this detachment is possible, if it is related or connected to somebody higher than our common understanding. Detachment becomes absolute when connected to our beloved Mother. We should understand that we cannot improve relationships among ourselves in a detached way by our own, but we can build a new dimension of love and patience among us if we are connected to the Adishakti. Then detachment receives its entire, absolute meaning. Then detachment becomes possible.

Detachment means be attached only by our spirit. Then the reflection of this spirit on others creates the connection to them. Being detached means love through our heart, and not through our brain. And when we love through our heart, the spirit, which is always detached, emits love, without any discrimination or distinctions. It emits love everywhere, at any time and to everybody. The spirit is never tired to emit love and is not upset if the people cannot fully absorb this love or when they do not respond to love according to our own expectations. The sunbeams do not know if they'll reach this tree or this flower, they just shine and the sun itself is enjoying the manifestation of its beams.

Because love is absolute, it spreads and sprouts everywhere in the most detached way. To be detached means love without conditioning and discrimination.

Detachment, however, is only possible

if we fully put our attention on our Divine Mother. Detachment means attention on MATAJI, attention on our spirit. So if we want to increase our detachment, we have to increase our attention in order to increase our heart.

By increasing our heart, we deepen, strengthen beautifully our ties to the Goddess and the relationship between the Goddess and the child reflects itself with more light and intensity on the human beings. In this way detachment means also to be the perfect child of the Mother, a child full of devotion, attention, admiration, respect, love, tremendous, pure, innocent love to the greatest of all the Mothers, because by being a child we glance and express our joy, and by expressing our joy, we only emit detached love.

So detachment in Sahaja Yoga is not only possible, it is necessary. If we want to grow in the quest and the discovery of the SELF, we have to be detached. It is possible to be detached in order to love, but it is necessary to be detached in order to rise. We must try to avoid to put our attention on gross things, thinking too much of money, worrying about the salvation of our parents only with our EGO, giving too much energy to our job. It does not mean that we have to avoid all the things or relatives but, on the contrary, we with detachment put them altogether at Mataji's Feet. At this level detachment leads to integration.

I try to deposit all my doings at Mataji's

feet. Mother you do my job, Mother, you are the one who can save my father or my mother, Mother you are the one who can improve my intelligence, YOU ARE THE REAL DOER, BECAUSE YOU ARE THE CREATOR OF THIS UNIVERSE. I just have to love you as a child with devotion and adoration. In this way, I integrate every single minute, every glance, every word into Sahaja Yoga. I am acting without thinking, I am loving without attachment.

But I can integrate only when I am detached. With attachment I still keep on thinking I can do the job, I can cure them, I can console my father, my mother, I... I... I We do not know that this "I" is our EGO who is very satisfied, when it dresses itself in "I would like to help others" habits... And we go to the hospitals cleaning the shoes of the sick people, bringing the meals to the sick people, enjoying the idea of being the great healer of this "hospitals inhabitants". And we start believing that by doing this job, we gain the realm of God. We do not realise that it is our attachment to Ego 'I'.. which is driving us to do these things. We will be the next inhabitants of these hospitals.

Full detachment is full love and this full love expresses itself through full integration.

Integration is laying everything at Mataji's feet. Integration is a need. It is the need of love and the need of joy. This integration is absolute because this need to love and enjoy is absolute.

When I try to integrate my life to Mataji, I feel myself melting into Her Divinity. The vibrations increases very much and my eyes sparkle like diamonds. Detachment is the key to integration and integration is the key to surrender.

When we integrate ourselves into Sahja Yoga, we surrender to Mataji. And by surrendering to Her, we let grow in us this extraordinary feeling that we are really the children of God.

Yes, we are the children of God and we must be eternally thankful and joyful to realise that H.H. Mataji, 'the great goddess, the Adi Shakti' has come to this Earth to enlighten our spirit and bestow upon us Divine Attention, Absolute Detachment and full Integration the Essence of Her Divine Being, Her Love.

"The New revolution in your awareness has to take place otherwise all human achievements have no meaning. it would be like arranging all the electrical decorations for the marriage without the electrical current. But when the Light be on, you will see the Bridegroom and the Bride."

H.H. Mataji, Sri Nirmala Devi

"My children, you must know I am beyond insults and pain. Do you know that when Christ was crucified he was a witness to his pain? He can never be humiliated. But these people are under the pressure of the satanic forces. We have to save them. Do you want them to go to hell?"

H.H. 'Mataji, Sri Nirmala Devi

शान्ताकारं भुजगशयनं पद्मनाभं सुरेशं
विश्वाधारं गगन सदृशं मेघवर्णं शुभाङ्गम्।
लक्ष्मीकान्तं कमलनयनं योगिभिर्घ्यनिगम्यं
चन्द्रे विष्णुं भवभय हरं सर्वलोकैकनाथम्॥

Shanlakaram Bhujagshayanam

Padmnabham Suresham

Vishvaadharam Gagan Sadrisham

Meghavaranam Shubhangam !

Lakshmikantam Kamala Nayanam

Yogibhirdhyangamyam

Vande Vishnum Bhawbhaya Haram

Sarwalokaikantham !!

"Obeisance to Vishnu, the dispeller of the fear of rebirths, the one Lord of all the regions, possessed of a tranquil form, lying on a bed of snake, from whose navel has sprung the lotus, the Lord of all celestials, the support of the Universe, similar to the sky, possessed of the colour of a cloud and possessed of handsome limbs, the Lord of Lakshmi (the Goddess of Wealth), having lotus-like eyes, and realized by yogis in meditation."

(Maha Avtar-1980)

ADVICE OF HER HOLINESS MATAJI SHRI NIRMALA DEVI

(Guru Purnima, 29th July, 1980)

London

Today you have arranged this worship of your Guru, that is your Mother perhaps. Why this Puja is arranged?

One should know that it is very important for every disciple to worship his Guru. But the Guru has to be real Guru, not the one who is just exploiting the disciples and who is not authorized by God. A Puja is arranged, because you have been initiated into the Statutes of the Lord. You have been told what are the Dharmas of a human being. For that actually you do not need a Guru. You can read a book and know what are the Statutes of the Lord. But Guru has to see that you practice them. These Statutes are to be practiced, to be brought into your own life; which is a difficult thing and without a Guru, a correcting force, it is very difficult to follow these Statutes of the Lord because, there is a very big gap between Human Awareness and Divine Awareness and that gap can only be filled by a Guru, who himself is complete.

Today is Purnima, which means a complete moon. A Guru has to be a complete personality to talk about these Statutes and to elevate his disciples to this level of understanding by which they imbibe those Statutes. He is there to fulfil this gap and for that it is essential that every Guru has to be a realized soul of a very high quality and greatly evolved. He need not

be a person who is an ascetic or a person who is living in a forest. He could be a king. All these outward manifestations of one's life do not matter whatever may be your position, I would say the so-called position in this world makes no difference to your being a Guru, as long as you have imbibed the Statutes of the Lord.

Again, I say you have to imbibe the Statutes. Let us see what are the Statutes. The first is, 'you do not do harm to anyone'. The first principle is that 'we are not to harm anyone? Animals do harm without knowing that they are harming someone. If you go near a snake, he will bite. If a scorpion is there he will put his poison into your being. Humans are not to harm anyone. They can correct but not harm. But the principle of not harming is taken to a point where reality disappears, e.g., when it was said do not harm anyone, people started saying, 'alright we will not harm mosquitoes and bugs and will not kill them.' And there are some people who are following religions in which they preserve mosquitoes and bugs. This is absurdity. Taking anything to absurdity, cannot be reality.

First of all, we should not harm anyone who is walking in the path of God, the one who is a realized soul. There may be some mistakes in him. He may need correction,

Nobody is perfect as yet. So do not harm. Always try to help. Secondly, anybody who is a real seeker, he may be wrong. He might have gone to wrong Gurus, he might have done wrong things. But have feelings for them because you have been going on wrong path yourself, sometimes. You have been misled before, so have more sympathies. That is why if you have done mistakes in a way it is good because you have more sympathies for such people. Then you are not to harm human beings in anyway, you are not to cause them any bodily harm, any emotional upsetting just for harm's sake; for correction it is alright.

The second Statute is that you have to stand on your own legs and know that you are here one with the Truth, the testimony of Truth, that you have seen the Truth. You know what Truth is and you cannot compromise with falsehood. You just cannot. For that you need not harm anyone. You have to just profess it. You have to stand up and say that you have seen the Truth and this is the Truth, and you have to be one with it so that people see that light of Truth in you and they accept it.

It is not for telling others that you have to be truthful and this is the Truth we have seen and this is what God's Laws are, how they work out. Through vibratory awareness we have been able to see that this is the Truth. But be completely

confident about it. But for that first of all you must test yourself completely, otherwise you might be playing into the hands of evil. It happens with many people who start doing Sahaja Yoga in the beginning. So be cautious. Be sure that you are telling the Truth and nothing else and that you have felt the Truth in full ways. Those who have not felt the vibrations, should not talk of Sahaja Yoga. They have no authority. They have to receive vibrations. They have to fully imbibe within them and then they can say, "Yes, we felt". This is very important task Sahaja Yogis have to do in these modern times, that is, to tell aloud that they have found the Truth. That part is very weak. In whatever way you like you can announce the Truth. You can write books, you can talk to your friends, relations and everyone and tell them, "this is the Truth now, that you have entered in the kingdom of God, that you have been blessed by the Grace of God, that you are realized souls, that you have felt the Divine power which is prevailing everywhere. That you can give realization to others". This you have to tell others and know that by your accepting the truth, you are not adding anything to the Truth but you are adoring yourself. One requires courage to enjoy the Truth. Sometimes people may mock at you, laugh at you and persecute also but that should not be any worry to you because your relationship is with the Statutes, with

the Grace of God. When that is your connection, you should not worry about other people and what they have to say about it. You have to stand up, adorn yourself with that Truth and talk to people and people will know that you found it. With that authenticity with which you speak people will know that you have found it. The difference between a realized soul and a non-realized soul is basically this: He does not talk of woes and his separation with God. He says "I have Found it Now. This is it". Like Christ said, "I Am The Light, I Am The Path." Or anybody else can say that but you can make out that it is not Truth. With the confidence, with that complete understanding, coming out of your heart people can make out, 'this is absolute Truth' and then all kinds of falsehood must be denounced. Does't matter if somebody feels bad because by telling that you are saving them and not harming them. But must be told in a correct way, not in frivolous way, not in frivolous way. In a very persuasive way, you must tell them that this is wrong. You must wait for the time when you can tell people, more in confidence. Tell them, "this is wrong, it is wrong, you don't know. We have done the same thing". This is how you are going to express your principle of Mastery or you can say "Guru Tatwa". You have to be truthful. First and foremost thing is that, you should know the Truth and stand the

testimony and that you should announce it.

The third thing for Guru a Sahaja Yogi has to do, is to develop Detachment. Gradually you do develop it because you find that unless and until you develop that detachment, you are not receiving vibrations in the full way. All kinds of detachments have to be developed, means your priorities change. Once your attention gets fixed up with your spirit, the catch or the hold on things which are of no importance starts reducing by itself, e.g., you have a father, a mother and a sister. This is a bigger problem in India. Here, you are overdetailed. But in India, people are very much involved in their own children, "this is My son" & others are all orphans. Only, your sons and daughters are the real children. "My daughter, I must do this for my son, my father, my mother". Two types of Attachments are there, one through (मोह) Moha-involvement into that. That you want to do this for them, that you want to give them property, have insurance for them and every sort of thing.

And another could be the other way, as we have here. You hate your father, you hate your mother. You hate everyone. Both things are just the same. So, Detachment must be developed. The Detachment is that you are your father, you are your mother, you are everything. Only your spirit is everything to you, only your spirit you

have to enjoy, then the detachment comes from them, then you really do good to them, because, by detaching you see the complete vision about them and about what is to be done. For example, people have attachment with some crazes. Human beings always become crazy about something. I mean it can be anything. One has to understand that there should be only one craze that is, to be settled, absolutely settled in your spirit. All other crazes will disappear because it is the greatest joy giving thing. That's the most nourishing thing, that's the most beautiful thing.

So, all the other things fall off, you enjoy only that which is the source of all enjoyment. You get yourself attached to your spirit, and detachment starts working. Sometimes detachment is taken as a licence for becoming dry to others, which is absurd. This is a human quality to make everything dirty what is beautiful. Actually, a person who is detached is the most beautiful person-is the extremely loving person, is love. Look at the flowers, they are detached. They are dying tomorrow, they are not going to live but every minute they live they are emitting fragrance to you. The trees are not attached to anything; they will die tomorrow, doesn't matter. But if anybody comes to them, they give shadow, they give fruits. Attachment means death of love, complete death of

love is attachment. For example, in a tree, say the sap rises, goes to all the necessary parts, all the flowers, all the fruits, then goes back to Mother Earth. It is not attached to anyone. Supposing, the sap goes and gets attached into one fruit. What will happen? The fruit will die and the tree will die. Detachment gives you the movement of your love, circulation of your love.

For things now. Things have no value unless and until there are emotions behind it. For example the sari, I am wearing today, was bought for Guru Day, Guru Purnima but they had no sari. The other day, they wanted to have Sari for Puja. Then I said if you insist I may have, but I wore it today just to say that this was bought with that devotion, that love that on Guru Day, Mother would like to wear something of a lighter shade; white-the pure colour of silk,- complete detachment. But in white all the colours are mixed, then only it becomes white-such a balance and unity it is. It should be that you should become white and whiter than snow. Detachment is purity, is innocence. Innocence is such a light, light that really blinds you to all that is filthy. You would not even know that a person has come with bad intentions. A person comes to you, comes to steal. You will say, 'come along, what do you want'. You will offer him tea and all that, then he says, "I have come to rob you". "Alright rob me, if you want to",

So he might not rob you at all. That is what is innocence, which one may develop, only through detachment. Detachment is of the attention. Do not allow your attention to get involved in to something, even rituals of anything. Say, now we have not washed Mataji's Feet, alright it does not matter. You love Me, alright. If some mistakes may be committed, what does it matter? If you see on the abstract plane, it's love. This is just a step forward. Like somebody ran very fast and fell down before reaching Me and says, "Mother, Sorry, I fell down before reaching you. I should have not done that. But, Mother see, how I prostrated before you. Mother see, how I prostrated before you". It's a complete poetry-Detachment.

So, one has to develop that detachment to be a Guru and that detachment does not mean Sanyas (संन्यास) or anything like that. Sometimes one has to wear those dresses to announce to the world because if you have to work in a short time then you have to take to that intensive behaviour like Christ, you can say or Adishankaracharya. All these people had a very very short life. In that short life they had to achieve such a tremendous task that they had to actually take a military uniform just to avoid problems, not to impress others. Now-a-days people do it just to impress others that they are detached and do just the things opposite to it. So, we understand that first work is

not to harm anyone-Ahimsa, not to kill anyone. That does not mean that you do not have to eat meat and fish and all that. That is all nonsense. Of course, you should not hanker after food, no doubt about it. You do not kill anyone means, you do not kill a human being. Thou shall not kill. So first thing is not to harm anyone.

Second is to know that you have found the truth and give the testimony of the truth.

Third is the detachment, the way I have told you about detachment. Not to get attached to any one person because he is a relation or something; but develop a universal feeling and also not to hate anyone. That is a kind of worst attachment. This word should go away from the mouth of all Sahaja Yogis 'I hate'. It is called as dandak, is the statute. You cannot hate anyone, even Rakshasas. Better not hate them. Give them a chance.

Now the fourth statute of the Lord is, to lead a moral life. These statutes were given by all the Gurus. Take them from Socrates, onwards, Moses, Ibrahim, Dattatreya, Janaka, upto say Nanak, Mohammed Sahib and take up to the point when it was about 100 years back at the most-was Sainath. All of them have said that you have to lead a Moral Life. None of them had said that you do not get married, that you should have no relationship with your wife. All this is nonsense. Lead a moral life. When you are young and not married, keep your eyes

on the ground, Mother Earth gives you that innocence. Most of the confusions and problems, specially in the Western life have come because they have thrown morality to the sea and to accept morality as the very basis of society is very difficult for them. It is complete reversion. But you have to do it, you have to turn the whole wheel back. So many things were done in the beginning of the society to establish these pure relationships. There are laws which act, just as chemical Laws are there, Physical Laws are there in chemistry and Physics. There are human laws which one should understand, the relationship between each other. The sublimity of their relationship, the purity of their relationship must be understood. Then only you can have a very very happy married life, which is the basis. "Thou shalt not commit adultery," Christ has said (Perhaps he knew the modern people as they would be using their brains for this). He said, "Thou shalt not have adulterous eyes". What a vision, in those days to think. Even, I could not understand it when I was in India. Only after coming here I could see, what it could mean. It is a possession on the eyes-possession. It's a joyless, useless behaviour. Attention is frittered away completely. There's no dignity. "eyes should be steady. If you look at somebody steadily, he should know that you have Sahaja Yoga in you. With love, with

respect, with dignity. Not staring at people," which is just playing in the hands of these possessions. The whole society is possessed. All the Satanic forces have been let loose, I think and the way the people are possessed, they cannot see through these things. They are supposed to be Christians. Attention is to be looked after. That is the most important thing. Because attention is the one which is going to be enlightened.

So, we have to know what morality is. Let people laugh and say that these are Goodie-Goodies or this sort of thing. We are proud and not ashamed of being righteous people. This is a very important part of righteousness. Those who do not follow this, will lose their vibrations very fast.

Then for a Guru, He should not accumulate things; he should not have much possessions. If he has possessions they should be just what he needs. A Guru must give away his possessions. He should not have stamp-collection and all such kinds of collections. Whatever things are useful and beautiful, which give happiness and joy to others, to their eyes, such things must be collected. He should have such things which give symbolic to his life, very symbolic, which suggest that he is a Dharmic Person. He should not have things that are symbolic of Adharmikta, of irreligious life. Everything

that he has or wears or shows should be representative of his Dharmikta. I do not know the situation here but in India, when we were young we were not allowed to listen to all kinds of music. Not allowed, just not allowed to see all sort of filthy things, filthy documentaries etc. Anything that is impure, giving bad vibrations should not be possessed. Even whatever you have, you should think whom you can give this. So, it means you should have possessions to express your generosity. Sahaja Yogi has to be generous like the sea. A miserly Sahaja Yogi-I cannot think of that-it is like mixing of darkness with light. Miserliness is not allowed in Sahaja Yoga.

Anybody, whose mind goes on how much money I can save, how much labour can I save-there are many labour saving devices, and money-saving devices-and also cheating others or making money out of few things here and there and all such things are against Sahaja Yoga. They will pull you down. Enjoy your generosity. How many times must I have told you about generosity. I remember; once I wanted to give a Sari that I had from abroad. You see, in India, the people like that kind of a Sari very much, although I do not understand why they like this nylon sort of sari. A lady said, "I have not got a sari from abroad and I would like to have one imported Sari". I had only one such Sari left with me

because I am quite good at giving away. So, I told one of my niece in-laws that I want to give away this sari to her. On a holy day, we can give it to elders and so I will give it to her. She said, "You have only one left now, why do you want to give away even that. You have given away all you had". I said, "Now, I feel like giving. I will give it away". And we were discussing this in the kitchen and I said, "why do you tell me, I am not going to take advice on this point". And at that time, the bell rang and a gentleman came. He had brought 3 saris for me from Africa and one of them was exactly the same as one I had. Because I had given some silk saris to this lady when she was going to Africa, she thought she could send me some saris, and she sent me these saris. You are just standing in the center; from one door it comes and from the other it goes. It is nice to see all that movement. It is very interesting.

Apart from that the way you give it, the emotional side of it is so beautiful, you cannot imagine it. I met a lady after say 30 years of her married life in London, suddenly and she said, "Oh what a coincidence". I said, "why"? She said, "I am wearing the same pearl necklace you had given me on my wedding-day to day. And I should meet you". The whole thing, the whole drama changed with the meeting. It is how you give even a small thing. It is the greatest art of giving that one has to learn

in Sahaja Yoga. Give up the mundane type of things, like if you go to somebody's birthday, you send a card, 'thank you, very much'. Make it a more deeper significant thing. Let us see how you develop your symbols of love. When you have these things of vibrations and you will give it to a Sahaja Yogi, he will know what it is. Never lack in generosity specially among Sahaja Yogis. Gradually, you will be amazed how through small things you win over as if the vibrations flow brought those things and work out for those people.

Then, for a Sahaja Yogi it is important to use things which are more natural in their character. Give up artificiality and be more natural. I do not mean that take out the roots and eat them or you eat the fish raw. I do not mean that. Always you must avoid going too far with the things. But try to lead a life which is more natural. Natural, in the sense that people know that there is no vanity about you. Some people can be the other way round. You see, they will dress up like a tramp, just to attract more attention. I mean there can be both ways. Then I find some people colouring their hair and all that. So you have to be a natural person; very natural in your behaviour. It can mean anything absurd also to some people who do not use their wisdom. Wisdom is very important in Sahaja Yoga, that you have to keep intact all the time. Natural means you must wear natural

dresses, which are suitable to you, e.g. in this climate there is no use to wear dress like Rama used to wear. He will not wear anything on the top, there was no need. You have to wear the dress of whatever country you belong, whatever suits the occasion. Whatever you think is dignified and good. It speaks for your more elegance and your personality. Whatever suits you, you should wear, not like all the people wearing moss Colour dress, the great suit, a horrible looking and making clowns out of them. No clownish things are necessary, no dandy stuff is necessary. Simple, beautiful dresses should be worn which give you dignity. Actually in the East, people believe that God has given you a beautiful body and it is to be adorned with the beauty of what human beings have created, just to respect it, just to worship your body, For example in India women wear their saris and saris are expressive of their moods and expression of their worship of their bodies, because you must respect your body. Dresses should be such that they should be for utility as well as dignity. There is no need to have uniform clothes for Sahaja Yogis at all. I don't like it. There should be variety as nature is. Everyone should look a different person. For Puja etc. all can wear something similar, it doesn't matter where your attention need not be on the variety. But outside, you should be normal person. You are all householders, nobody

has to announce something. For you people, I don't even advice to put the red mark when walking on the street. You should be normal person, not to be pointed out. You need not be dressed absurdly or in funny way but in a normal way as others wear. To be normal is very important in Sahaja Yoga.

Then we have to know that Sahaja Yogis have to get over all kinds of discriminations and identifications according to races, colour and different religions in which you are born. As a Christian, you don't belong to a Church, you are not born in a Church. Thank God, otherwise all the spirits there will capture you, immediately. But these identifications will linger on. To accept anything new, you have to be reborn and you are reborn now. Now, you are Dharamatit means you need not follow any particular type of religion. You are open to all religions and the essence of all religions you have to take. You have not to denounce any religion or insult any religious incarnation at any time, it is a sin. It is a great sin in Sahaja Yoga and you know who they are. There should be no racial understanding of oneself. You could be Chinese or of any group. You could be anything. As long as we are human beings, we should know that we laugh the same way, we smile the same way, we hold the same way. This is all conditioning in our mind of this society that

some are touchable some are untouchable. This is in our Indian Community, horrible. Brahmanism of India has ruined India completely and you learn from for example, who was Vyasa, the one who wrote Geeta, who was he? He was illegitimate son of a fisherwoman. That is why deliberately he was born like that. All the Brahmins who read Geeta, ask them who was Vyasa? Brahmins are those who are realized souls and for realized souls there is nothing like such non-sensical things like where and in what caste or community you are born. With all education and everything in the West, we find this nonsense of Racialism, I just can't understand. If somebody is fair or dark, after all God had to make variety in colour, in every way. Who told you that you are the most handsome people going round. May be for some markets here or in Hollywood, it may fit but in the kingdom of God, all these 'so called' handsome people, will be denied entry-marrying seven husbands and all sort of things. They will all be put in Hell. The beauty is of the heart and not of the face, that shows and shines. May be, people are a little bit aware of it, that is why they go and tan their faces. I do not know. They are quite aware but there is too much "Showing-Off" they are doing. Some people like black hair, others like red hair, I mean there have to be all types of hair, why do you like a particular type of hair this I cannot understand. There is

nothing like or dislike. What God has created is all beautiful, who are you to judge that? I like or dislike, 'I', who is this 'I', you see, is Mr. Ego, which is being tampered by this society, which teaches you how to smoke cigar and how to have your lager morning till evening. All this training and conditioning has to be thrown away just like filth and see that God has created all of you as his own children. It is such a beautiful thing. Why you want to make it ugly with these ugly ideas. All this ugliness of "I like or dislike" is nonsense. Only there should be one word "I Love", forget everything. There is no need to remember what British did to Indians or Germans did to Jews, forget everything. Those people who did it are dead and finished. We are different people, we are saints. This is for the statutes I have told you, which you have to imbibe.

But, today, I authorise you to be the Gurus, so that through your own character and through your own personality, the way you practice Śahaja Yoga in your own life and manifest the light, others will follow you. And that you will establish the statutes of the lord in their hearts and emancipate them. Give them their salvation because you have got your salvation. You are the channels, without the channels this all pervading power cannot work out. That's the system. If you see the Sun, its light spreads through its rays-from your heart

the blood flows through arteries, they become smaller and smaller. You are the arteries which is going to flow this blood of my love to all the people. If arteries are broken the blood will not reach the people. That is why you are so important. The bigger you become, the bigger the arteries become. Then you encompass more people, by that you are more responsible. Guru must have the dignity. Guru means the weight, is the gravity. Guruatwa means gravity. You must have the gravity by your weight of your dignity, weight of your behaviour, weight of your faith; and your light. You become Guru not through frivolousness and vanity. Cheapness, vulgar language, cheap jokes, anger and temper-all must be avoided completely. Weild the weight of your sweetness, of your tongue, of the dignity, which will attract people just like the flower which is loaded with nectar, attract the bees from all over. In the same way you will be attracting people. Be proud of that, be very very proud of that and have sympathies for others and care for others.

Now, in short I have to tell you how you have to do it yourself. You have to work out your void clearly. First of all you have to know that void catches when you had a wrong type of a Guru. You must know about your Guru entirely. Try to find out the character of your Guru. Rather difficult because your Guru is very elusive. She is

Mahamaya; not easy to find out. She behaves in a very normal way and sometimes you are outwitted. But you see how in small things also, She behaves. How Her character is expressed, how Her love is expressed. Try to remember Her forgiveness. Then you should know that you have the Guru that many people must have desired to have, who is the source of all Gurus. It is the ardent desire of even Brahma, Vishnu and Mahesh to have a Guru like that. They must be all jealous of you. But this Guru is very elusive, so to improve your void, say that, "Mother you are our Guru". Because of this elusiveness, that fear or that awe, that respect which is necessary, for the Guru is not established. Unless and until you develop that awe, complete awe within you, your Guru principle will not be established. No liberty is to be taken. I am telling you myself but I am extremely elusive; next moment I make you laugh and forget about it because I am testing your freedom to do it-Complete freedom. I play with you in such a manner that you will be forgetting every moment that I am your Guru, every moment.

So first of all you must find about your own Guru, establish Her in your heart. I mean you have a wonderful 'Guru' otherwise, I must say, I wish I had one like that myself. And She is desireless and sinless, absolutely sinless. Whatever I do

it is not a sin for me. I can kill anyone and do whatever intrigue or anything. I really tell you, that's a fact. Do anything, I am above sin but I see to it that I do not do anything like that in your presence, so that you do not get one of these things, because that is my quality. You have a very supreme Guru, no doubt, but still you must know that those powers of supremacy you don't have. I am above all these things. I do not know what temptations are, nothing, I mean I do.

Whatever I like, it is all my whim. But despite that I have made myself very normal because I must appear before you in such a manner that you understand what is the statutes. For me there are no Statutes. I make these statutes. Because of you I do all these things and teach you small things, because you are still children.

In the same way you must remember that when you are talking to other people about Sahaja Yoga, remember that they will see you all the time and try to understand how far you are in it. As I understand you, you try to understand them. As I love you, you try to love them I definitely love you, no doubt but I am Nirmala-I am beyond love, different state altogether.

Under these circumstances you are much better off because no Guru goes to that extent. Apart from that I am the source of all the Shaktis, of all powers, so you can

have all the powers from me, whatever you like. I am desireless but whatever desires you have will be fulfilled. Even about Me, you have to desire, look at that how much I am bound by you. Unless and until you desire My good health, I will have bad health. It is to that extent. But to Me, what it is bad health and good health. Under these beautiful conditions you should really prosper so well. There should be no problems for you to be Gurus.

Now, the Void is to be established. First of all you must know your Guru and she is on every Chakra. Imagine what tremendous Guru you have. With that you feel the confidence and because of such tremendous Guru everybody is getting realization so easily. If you go to a rich man for alms he is not going to give two pices only. Because she is so powerful you are getting your powers just like that. So you have to feel very happy about it, extremely happy and beautiful that you have these powers. At least those who have been in Sahaja Yoga will know it for certain. Those who have come to my lecture for the first time will be a little puzzled. All of you know for definite what it is.

So, to understand your own Guru-power, you first know who is your Guru-Sakshat Adishakti, Oh God; it is too much. Then establish your void. A Guru does not

bend his head before anybody else, specially My disciples; except for mothers, sisters and you see in some relationship, if it is, so you bow to that. But they do not bow to anybody else.

Secondly, you must know that your Guru has been the Mother of very great people. The thought of that itself should establish your Guru Tatwa (Guru-principle). What tremendous sons I have had. What great personalities. No words can describe and so many of them, one after another and you are in the same tradition; My disciples. Keep them as your ideals. Try to follow them, read about them, understand them what they have said, how they have achieved such heights. Recognise them, respect them. You will establish your Guru-Tatwa.

Imbibe all the statutes within you, be proud about them. Don't be misguided by what the people are talking. We are going to pull the whole multitudes towards ourselves. First of all let us establish our weight, the Gravity. As Mother Earth keeps everybody pulling towards earth, we will be pulling all of them to ourselves.

Today, all of you must within yourself, to your spirit promise that you will be a Guru, worthy of your Mother.

**May God bless you!
(Nirmala Yoga-1980)**

SEEKING AND RATIONALITY

In our searching, we are asking for the actual experience. In all the scriptures it has been said that we will be born again. We are looking for a second birth which is within us. All the religions talk about it. We have to stabilize ourselves to get the experience and it will work out. We search with our minds and rationality for the truth. This mind is not connected to the whole. We are not aware of the whole, we have so many problems.

Thinking, unenlightened rationalization and awareness are different. Rationality has all the time been living with the ego. We can't separate the ego and rationality- neither are perfected nor mature. If we are mature enough to know why there are vibrations in the molecules- through rationality we cannot discover this. We cannot give answers to questions- e.g. Why are we human beings? We take too much for granted. If we try to rationalize everything we will go mad. Our rationality is not mature enough, it is not enlightened. The "I" within us knows the rationality, but rationality doesn't know the "I". We can't know each other's point of view, Why human beings are made out of an amoeba- through rationalizing and logic?

The process has been worked out

without any effort required. We breathe, our heart works, etc. without our doing anything. Therefore everything has to come spontaneously like the sprouting of a seed. Only human beings believe in God, not animals. We haven't our fulfilment. People are seeking. The awareness is responsible for the seeking. We have to keep our rationality clear. I ask you not to believe me, but not to deny me because you can't rationalize. Now is the time of blossoming and many are going to be converted and have fulfilment. Our instrument, existing on many different levels has started to become enlightened. We pass from gross to the subtle of Mother Earth. Subtle of Mother Earth is fragrance. The cause of Mother Earth is the axis. Ultimately we go to the primordial cause, which is the spirit- the reflection of the God Almighty.

The real Gurus working in the forests and the great people like Moses and Abraham knew how difficult it was to raise Kundalini. When people are authorised it is an easy thing to do for others. When it moves up the centre and pierces the fontanel bone, we achieve self-realisation. We aren't even aware of what has happened to us, what we have achieved. It's so spontaneous and so simple but it's a very dynamic process,

an all dimensional working, which makes the Kundalini rise.

I am a simple housewife who has this unique technique, I am your teacher and can get us broken into the Unconscious. You mustn't be upset because of my simplicity.

Jesus Christ was a carpenter's son. His Mother was an uneducated woman. Krishna was a cow boy. When we find something like this, it is a beginning. Having been able to get our own power risen is enlightening our rationality. It is

simple love. Mother can't keep all Her love to Herself. Christ was crucified for us to have it and to understand what we have; understand the mechanism, master it and we can give light to thousands. To help them mentally, physically, emotionally and spiritually. Not to waste this wonderful gift. Our rationality will see the power flowing through us and we will enjoy the bliss and joy of this wonderful happening.

May God Bless You!

(-SHRI MATAJI NIRMALA DEVI)

Mother's Name

Names are often given under the guidance of the Unconscious and, in this respect H.H. Mataji's names are quite interesting.

NIRMALA is the Sanskrit word for IMMACULATE. In her childhood She was called Neera (Born from Water, Miriam, Marie). Her maiden name was SALVE which reminds us of the ritual "Hail Mary" in Latin. "Salve regina coeli....."

The Spanish speaking guests of H.H. Mataji in Colombia were surprised at this coincidence. After marriage, H.H. Mataji's name became Shrivastava. "Shri" means "the Goddess" (the holy Spirit) and "Vastava" means "in reality"

So, by a playful chance, NIRMALA DEVI SHRIVASTAVA reads.

THE IMMACULATE GODDESS, THE HOLY SPIRIT IN REALITY.

WHERE ARE OUR PRIORITIES?

When we get our realization, we are not yet aware of the fundamental inner-transformations of our being, we just realize that something beautiful and new has transformed us. Then, we grow and we see how the world changes according to our transformations, we get better jobs, better friends, more patience and calm. We see all these internal and external transformations as blessings of the Goddess. The blessings grow and we get accustomed to their manifestations, especially to the external ones, like good health, or success in emotional, professional life. But when these manifestations decrease or even stop for a while, when we get sick or have some troubles of any kind we start wondering why it happened to us, what we have done. Either we start blaming Sahaja Yoga or we develop a sense of guilt. With this sense of guilt insecurity grows in our heart and takes out our joy.

Why does it happen so quickly and so often? Because we do not see where our priorities are. At first we must be the witness of our blessings in order to assimilate them fully in our heart. In this witness-stage, we see that they are not the goal of Sahaja Yoga or the achievement of our spiritual growth, but the by-products of our inner-evolution which help us to have confidence and faith in the Self and in our

beloved Mother. They are the foundations of our steadiness and straightforwardness in Sahaja Yoga. But when we do not witness these blessings we integrate them in our Ego if they increase and go to the left side and confusion if they decrease or vanish. We can never witness such blessings if we do not see our priorities.

The priorities of every Sahaja Yogi should be to let these blessings be felt, received and nourished only by the heart, not by the mind otherwise we feel that we have failed in Sahaja Yoga because we could not bring our husband, mother or sister to Sahaja Yoga, because we had the illusion that to have a happy family-life is the purpose and the reward of every positive Sahaja Yogi. At this level, with such an attitude, we can never grow. We have to transcend this stage, go higher. Our priority should be to see the SELF as the greatest blessing. This is where our priorities should be, in the SELF. Our priorities are priorities of the manifestation of our spirit. Our priority of the manifestation of our spirit. Our priority should be to let express our heart, to act through it, to be guided by the sparkle of the spirit, ignited by the pure grace of our beloved Mother.

Let us put our priorities in the spirit, then automatically we become the witness of the enjoyment of every blessing irradiated

by the SELF. The spirit is the absolute blessing and our priority should be to feel this absolute blessing in our heart and forget the whys, the hows. Everybody is absolutely blessed, equally looked after by Mother's love, the day his spirit has been connected to ADI SHAKTI, the day the drop has fallen in the ocean. So everybody's priority must be to feel his blessed spirit who is everlasting, absolute and of divine source. The only priority is to be aware of this blessing, the greatest blessing, to be connected through the spirit to the Divine. And by being connected to the Divine, the spirit needs nothing, because he has every-thing, integrates all blessings because he represents the absolute blessing. Our priority is to understand our spirit and its love for the Divine Mother, to feel with tremendous joy and pride that we are the children of ADI SHAKTI. This is our key-priority to feel in the heart the joy of belonging to the family of God. Do we realize what it means to have been chosen

as the children of God Almighty? What are we afraid of? Who can attack us? Nobody, everything is a myth, a play, a drama when we feel the protection of our Mother.

I dare go further, our priority should be only to pronounce with all our strength, all our love, all our joy in an opened heart the name of the DEVI. Just to pronounce Her name is the greatest blessing, the incomparable joy.

In order to see our priorities we must train our attention and strengthen our witnessing faculty. The attention helps us to discover the beauty of the Self and its importance. When the priorities are being set by the enlightenment of our attention, we reach the state where there are no doubts, no questions, no answers, where we see through the opening of the heart the glory of the DIVINE MOTHER.

A. de Kalbermatten

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(Nirmala Yoga-1981)

WHAT THE PROPHETS SAID

Therefore, at all times, do thou direct thy thought unto Me and fight: With thy mind and thought dedicated unto Me, thou wilt, without doubt, attain to Me exclusively.

Jnaneshwari (VIII) (7)

It is the richest food served to the happy soul, the Mother's love to the blessed poor spirits who do not worry about life's cares; and the royal road to this Supreme Abode is devotion.

Jnaneshwari (VIII) (21, 22)

When the FACT becomes fact.

None shall deny it is a fact,

Abasing, exalting!

When the Earth shall be shaken in a shock.

And the mountains shall be powdered in

Powder.

And become like flying dust,

And Ye shall be three kinds.

(The speeches and table-talk of the Prophet Mohammed.)

I came to say a word and I shall say it now. But if death prevents its uttering, it will be said by tomorrow, for Tomorrow never leaves a secret in the book of Eternity.

I came to live in the glory of love and the light of Beauty, which are the reflections of God. I am here living, and the people are unable to exile me from the domain of life for they know I will live in death. If they pluck my eyes I will hearken to the murmurs of love and the song of Beauty. If they close my ears I will enjoy the touch of the breeze mixed with the incense of love & the fragrance of beauty. If they place me in vacuum, I will live together with my soul, the child of love and Beauty.

-Khalil Gibran

Eulogy to Shri Mataji

She walks

God-haired, God-fingered

Touching Autumn into Summer

With the silence of Her smile.

She sings,

Lark-solemn, high, exultant,

Sweeping snowlight into Spring.

She smiles

Sun-blue, sun brilliant

In the shelter of the storm.

She speaks cool clear

Soul calming

In the music of the mind.

Judith Bell, Sydney

THE FIGHT FOR COLLECTIVITY

At first, when we come to Sahaja Yoga, we had to confront some negativity coming from outside: Old friends who do not react as we had hoped, family members who are neither sensitive nor sensible, or more generally, we had to face the pressure of an adharmic society. Gradually we learn how to enjoy these situations, we know how to deal with them. All the while our collective body is growing: in India, in UK, in Australia, in continental Europe. Then, sometimes, we find out that the negativity is trying to open a second front, so to say, within our ranks, trying to manipulate Sahaja Yogis against each others, trying to tear apart our collectivity, which is Mother's beautiful tapestry. We have to outwit this subtle type of negativity. I wish, dear brothers and sisters, to reflect with you on the appropriate Sahaja tactics to meet this "negativity from within".

A preliminary remark: there can be negativity from within Sahaja Yogis, not from within Sahaj Yoga; Sahaj Yoga is the Immaculate operation of God's evolutionary plan; it cannot be spoiled. But the boundless compassion of Mother (which is not always easy to understand) allows some of us to come in Sahaja Yoga, and even in the inner circle of

Sahaja Yoga, still loaded with a lot of weaknesses and impurities. If a Sahaj Yogi is not very serious about clearing his instrument (yantra) with the Sahaj techniques (tantra), he may fall a prey to the anti-evolutionary bhoots. Those will try to infiltrate such a person to turn him into a medium of negativity. Let's say, these bhoots are acting as Satan's CIA or KGB. If they succeed, their achievement is triple: 1. they have created one black sheep and lost that soul; 2. this person might create mischiefs; 3. suspicion is being aroused among Sahaja Yogis: confidence is weakened, love grows cold, the vibrations of togetherness and collective well-being do not circulate any more; one starts seeing only the faults of others. In this way, bitter thorns are prepared, seeds of dissent are sown within our camp. But we are not willing to give this pleasure to these wretched bhoots and we have been discussing the issue with our London friends.

In its present shape, Sahaja Yoga is not unlike the embryo of an organic, collective being. For this organism to grow it is necessary that blood, that is, love and energy circulate, so that each part supports each others in their growth. If there is the intrusion of a foreign

element in the body (the virus, the black sheep) the organism as a whole will repel it. This function is, as a rule, performed by the Kalki aspect of Shri Mataji and not by any Individual Sahaja Yogi. And if there is sickness in one part of the body, the organism rushes extra supply of energy where there is a need for it. This function is very often mediated by the care, love and detached attention that Sahaja Yogis are able to give to one of them in difficulty.

In other words our job is not to throw people out of Sahaja Yoga but to take them in. If somebody turns very negative we should certainly show uncompromising firmness, shoe-beat etc...but basically leave it to Shri Mataji. She has corrected so many of us, She will correct many more. Let us never forget that all the great sons of Shri Mataji are very much active, and lead the fight. Sakshat Shri Bhairawa, Shri Kartikeya or Lord Jesus readily answer our prayers. Under no circumstances should we send vibrations of hate to a Sahaja Yogi in difficulty because then, we fall in the trap of the negativity; such vibrations come back to us, confuse other Sahaja Yogis and provide a conveyance for negativity which happily takes them back and forth, like an old witch sitting on her broom. Hate (under

its multiple forms (aggressiveness, envy, jealousy) destroys the cell one ought to save (the Sahaja Yogi) and spreads the negativity to other parts of the body. Love, on the contrary, comforts and regenerates the cell and destroys the negativity. So let us love each other as much as we can, despite the weaknesses that all of us still have. Let us love because it is the only way to grow: there is not going to be any "one yogi show" in Sahaja Yoga. No fast runner to arrive before anybody else on top of mount Kailash! Our achievement will be collective or...will not be! No individual is important in 'this "Yoga Of The Whole". It is the universality of our mighty gathering that matters. Through love we become the bearers of the light of Oneness; the channels of the flow of Universality. It is the only way, love is the only way we can do some justice to the Primordial Mother, and indeed, Shri Mataji rejoices so much when She feels that We love each other.

Love is a marvellous weapon; It does not destroy the (imaginary) enemy but turns him into a friend. It allows us to see our beauty: "If you have to think of the thorns instead of the flower, will you enjoy the rose? And wisdom is to enjoy" These golden words of Shri Mataji are to be ever remembered. Looking at the

thorns we would become thorns ourselves.

Hence let us not encourage the spreading of rumours or criticisms, which can have unnecessary disruptive effects. Are we really talking for the benefit of the community? Are we self appointed judges? Are we forming little clans and clubs around Mr. such and such? We should give full support to any thought, any project, any Sahaja Yogi who dedicatedly works for the collectivity; this criteria will help us. Love does not discriminate. Mother's love flows to everybody equally. The sun does not favour a specific flower or tree. But the sunflower knows who is her lord. 'Thus love discriminates: enlightened love chases righteousness, God's side, Sahaja Yogis. It knows also how to express itself. We are not to put

automatically a salesman's smile on the face to prove how loving we are. The Goddess is love. But in Her hands, She wears spears, club, mace and swords as well as sugarcanes. Some of us are sugarcanes, some aren't. We should understand.

When we feel our togetherness, how minutely we, in our differences and variety, complement each other; when we work like the fingers of one hand we are well on our way to overcome the ego and to win the fight for collectivity. The victory will be the victory of the Self. Shri Mataji, Parmeshwari is indeed taking us by the hand, gently leading us to Divinity, to that point where the identity of Atma and Parmatma, the individual and the cosmic soul, is being experienced.

JAI SHRI MATAJI ! Love. Gregoire
(1981)





The children “are the ones who are incarnations. They are the ones who are going to lead humanity into some great advancement. The humanity has to be looked after. They are tomorrow’s humanity. And we are today’s. And what are we giving to them for them to follow?”

It is very difficult to say what is the children’s aim in life, “but, with Sahaja Yoga, they will all go in the proper way. They’ll behave in a proper way and the whole thing will be a different mass of Sahaja Yogis coming up.”