

The Divine Cool Breeze



September-October, 2004





In This Issue

3. Guru Puja Cabella - 04.07.2004
6. Shri Krishna Puja Mumbai - 28.08.1973
12. Gudi Padwa Puja, Delhi - 30.02.1976
17. A Poem
18. Prophecies and Fulfillments
23. 'AUM' Explained
25. 'Pledge'
26. Towards Libration - TV Interview - 14.03.2003
30. Sahasrara Puja Cabella (A Report) - 04.05.2003
33. Give me strength -
34. Shri Adishakti Puja (A Report) - 2003
36. The Joy of Paris Collectivity
40. Guru Puja Cabella - 24.07.1994
44. Experience - Still The Best Teacher
46. Sahaja Yoga in Morocco

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

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GURU PUJA

Cabella Ligure - 4th July 2004

Pravachan of Her Holiness Mataji Shri Nirmala Devi
(Internet Version)

It is a great pleasure for me, greatest joy to see so many Sahaja yogis for the Guru Puja. It's very gratifying to think that there are so many, so many of you who are disciples, It was never expected that I'll have so many, so many people following me.

It is being expected that you all will follow my message of love. I do not have to say anything for love. Love is absolute gift of just feeling others. There is no talking about it, discussing about it, nothing. Just you feel that love. To feel the love I will say one has to have a heart, but how can you have a heart? It is not your own doing, it's all there. So it is something already gifted to you, you have it, that you can feel that love. It's so much joy-giving, peace-giving.

Love has its own qualities and one of the quality is that love understands. Its understanding is not in words, not in thought, but understands within. It can feel within, which is very important. This is the most important part one has to realise, that love, you can only feel it. You cannot talk about it, you cannot show about it, but it is within and you can feel it.

And that is why today is your celebration of the Guru, is the celebration where you can feel that love for your Guru. That feeling is

thin. And only within you can feel that. So we have to understand it's not the show, it's not, nothing else but just the feeling within that you know that you have love of the Divine. This you can have because it is just there. No one can give you, no one can sell it, no one can share it, it's just there. And that love has to be felt and shared. It has nothing to do with others. Whether others love you or not makes no difference. It's within yourself, this feeling, this depth is there which you enjoy. It is their capacity. Everyone has this, lots of it. Sometimes you feel you've lost it, sometimes you feel you've gained it, but it is there as much as...

In the same way the source of your love is eternal. You cannot measure it, it's difficult. But it's beyond all your human expressions and it shows your understanding, your understanding of love which has no words, which cannot explain, but by itself you will know that I have this quality to love within myself and I can enjoy this love within myself.

This is a very unique gift which only very few human beings have. Among animals also you find people who have love, but that love is not deep, that love has no meaning. It has some purpose, maybe, but it is not human. So it lacks the beauty of human love. It lacks the understanding of human love.

It is not easy to describe or explain love in human words. This you can only feel within yourself. That is what once you start feeling, you can feel who is your Guru, whom do you think you are being taught and persuaded and made to live in a particular manner. All that is possible if you get immersed in it.

It's very gratifying, it is very lovable to see how people love each other and then this love spreads. Love begets love. If somebody has love it just spreads. He need not tell anyone, he need not confess it, but it will spread. And this is what one has to learn: how to see that love in other person.

Somehow we are here already in love because of Sahaj happening. We all love and we enjoy love. It shows on our faces, that we are love, in our characters and so easily available.

It is a very big blessing that you are human beings and that this because of understanding for which we do not have to go to any college, to any school for education, it is something so much within that it works and expresses itself, expresses like light. Such people we can make out because they are fully enlightened. They have light and through that light they see the whole world. This is very innocent and simple for them.

We have love for our children, naturally. We have love for our parents naturally. We have love for some people but that love is different

from what love I am telling you. That has some connections, some meanings, but this love which is Divine, cannot be described in words, that's the only reason why you should love your Guru. Now there's no reason for that. Because love is love. That is how the Guru becomes very important in life. We have people who love their Guru and are very much in chaste understanding of their love.

In this great opportunity of love that we are, we are here to enjoy each other fully from our heart. That there is this ocean within us. We have just to be submerged in that ocean. If we are lost in that ocean then we will have no problems, no questions. Everything will be our own and we can manage everything without any argument, without any questioning. That is what is being Sahaj.

The Sahaj way if you have this love...where's that love within which approached people in that unique manner. That's the thing that we cannot possess. You cannot claim. It is there and it works. It works automatically. This is what we have to know that we are that love. That love is within us, we have to have knowledge, we have to have a complete knowledge that we are *badshah*. That will solve our problem. Because you can explain everything, all your behaviour, all your failures, everything you can explain when you know that you are endowed with that love. This is what is the Guru, is the love within you

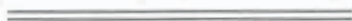
which wants to share the love with others, which wants to give love to others. This is what it is...and joy.

I can go on talking on love, but to feel it within yourself is the biggest thing. Like water, if you are thirsty we can give you water but we cannot drink. You have to drink water and

you have to feel the taste, feel the feeling, what it does, and all that is together, that's not separate.

I don't think the subject was too subtle for you people. You all have reached a certain amount of understanding of that love. I hope it grows and you will grow into it, all of you, and enjoy it.

May god bless you



The Most Dynamic Power Of Love

SHRI KRISHNA PUJA

Mumbai 28.08.1973

Pravachan of Her Holiness Mataji Shri Nirmala Devi

..... by the Divine.
For example if I know only my head that is not sufficient, if I know only my neck that is not sufficient, if I know only my leg that is not sufficient. But the more I know about myself the more dynamic I will be, the more expansive I will be. And all the great that existed or all the people who were called as great, are great because they live in many human beings. I feel that warmth in the atmosphere and you are feeling because you know they are not foreigners, they are your brothers and sisters. There are so many stories in Puranas like this that I will not name it but once two brothers met in a jungle, but they thought that they were enemies and they wanted to fight with each other and when they came to blows, they couldn't hit each other. They took out their arrows. The arrows won't work. They were quite surprised at this and when they asked each other 'who is your mother?' They found out the mother was the same, and then they realised that they were not foreigners, neither enemies but they were made of the same fiber! What sweetness, what beauty that knowledge had given them! And what security of understanding that everywhere in the whole world we have brothers and sisters who are on their inner being, on their divine and how we are bound together with that love! I talk of love people think that I am trying to make you weaklings, because people think those who

love are weak. But the most dynamic power in this world is that of love, is the most aggressive power is that of love. Even when we suffer in love it is out of our strength that we suffer and not out of our weakness. For example there was a teacher in China who used to teach the cocks how to fight, and the king of that place took his cocks to that teacher and told him that you please teach them how to fight. After one month when the king went to take those cocks with him, he was surprised that the cocks were just standing undisturbed. He told the teacher, 'what have you done to my cocks? They are not at all aggressive, they are not doing anything! How are they going to fight it out?' There is going to be a race, there is going to be an exhibition of their strength and what are we going to do about it? He said you just take them. He took those two cocks with him and put them in the arena where there were other cocks who had come to fight. These two cocks were very nicely standing. All the other cocks started coxing and torturing. They were just standing and looking at them. All the other cocks were surprised at their behaviour and thought they were very powerful and they all fled away.

The love that I am talking about, the Divine Love makes you not only strong but dynamic. It is the greatest luminous power that we can think of! Only when love is surrounded by

gross and is lost in the gross, it looks as if it is weak and under chase. The time it is released, the dynamic power of love can transcend all the evil powers of the world. When people get their Realisation, automatically the ego drops out, to a great extent, I should say, because you say that the vibrations are passing. You don't say that you are giving. Because of the dropping of the ego, sometimes it happens that you feel that whatever you wanted to have you have got it and you better not talk about it. When there is any opposition from any where you shun it and sit away from it. You don't want to save that position from negative opposition whether it is by speech or even by evil methods. You run away from that thinking that Oh God! how are they going to face it? On the contrary a person who is negative, who has got hatred, becomes talkative, that he talks, talks and talks big. He thinks he is above everybody else, he can befool all the world. He takes the responsibility on himself. They start a big Ashram or some big place where he sits down with all his ignorance and starts spreading his knowledge, so called, to people. By his methods people get interest and they all go and fall at his feet. While the realised sits at home quietly wondering what are these fools doing? But it is not now for the realised to sit down and to wonder and laugh at them. Foolishness of the people who are not yet realised not even to take pity on them but to come out. Come out with the sword of love to win the whole world; which is very very essential. If the creation has to be saved then

you are not to keep mum about it. All the wrong ideas about love, all the falsehood about love has to be given up. One must know that it is the dynamic power and it won't allow you to sit comfortably with your self enjoying with peace and the bliss when the rest of the world is not enjoying that and is placed into the hands of the evil geniuses who have come in this world to destroy and to bring the satanic realm on this earth. Now the days are gone when the people had to suffer. Christ suffered for us. Of course Christ never suffered because he never suffered. He never wept. He was like those cocks, a very powerful personality, but today is the day to brighten up your understanding about your own strength that is there. Those who are gross should worry about their insecurity and their problems and their organisations but not for the people who are realised. I have told you many a times and today you also remarked that you should know that you are never alone when you are realised.

There have been many people who have been realised before even you were born, who exist, who are anxious to help you at every moment. In our Shastras we call them Chiranjeevas, you know that. They are people who are Niranjanas. As we said about Bhairva and Hanumana, all these people exist and they are waiting just for a call from you. Once we went to the market and there was a problem about something and I had somebody with me, a disciple, who was also with me, I just wanted to see what is his reaction. He tried to argue out with the person telling about

something. So he told me, 'Mataji lets go now.' Then we came out of the shop. I said, what are you going to do about it? He said I have already told Hanumana to look after that man, and the work was done. It is gross but it happens. When they say you can leave it to anyone of them and they will have to gillie to it because it is you who are on the stage and not they. They are the background people, there are the playbacks. But you must open your mouth otherwise if they start thinking what will people say? They are going to help you in every way but how far are you standing on your security? How far are you standing on your property, on your understanding of yourself.

It is a great war going on, you are not aware of it. Some of you are, some of you are definitely aware of it because they have had experience of fighting it out. It is a big war on, now specially when ten Rakshasas have taken their avtaras and for you to be so feeble! You are still small children, no doubt, because you got your Realisation only a few days back but if you want you can grow very fast, you can grow into big-big giants. All of you can grow, only thing you have to decide that you have to grow within. There are so many things that you only have discovered by which a person grows. I can give you food but you have to grow yourself. Whenever you see the negativity you have to stand up and say that this is negativity and nothing else whether you like it

or not. In that, you love that person, you don't hate. Only talking sweetly is not the idea of love. No, a mother sometimes even scolds the child, does not mean that she does not love. If it is necessary, you have to tell the person that it is negative. Of course, if there is a realised person, he won't mind the correction because he wants the correction; he knows that there is a defect. The instrument has to be corrected but a person who doesn't understand you have to force your love on that person. You can force that love, you know that, sitting down here. Many people have tried putting love around certain people who are trying to be mischievous and they have been able to achieve great results. Those people have turned back and come back. Only by putting your hand and putting your attention on that person and moving the hand like this, the love encircles and the person comes up. There is no doubt that there is negativity and positivity, nothing in between. There is no compromise between the two, either it is light and darkness or it is positive and negative, definitely there are two things that are fighting. Only thing, your will, that's the trouble with the whole joke, that your will is respected, your will is throughout respected. If you have the will to be adjoin that love, you can.

The other day I met a psychiatrist. He was catching his super ego very much. I said, what's wrong with you? He said my childhood. In my childhood, I couldn't get much love. I said now I am here, come in my life,

take the love. He said I want to flow my love Mother, I want to open out myself completely without any fear. I said you just start it. Don't worry what people are going to misunderstand, what people are going to say. Its nothing important what people are going to say. For love, the satisfaction is only love that you love another person, you just flow your love as said and you will see it will work out. Just decide that I am going to love, and once you decide that, the whole Heavens, the whole power of the Heaven will fall at your feet. You believe me in this. If you see otherwise, I am an ordinary housewife. Some poeple always say, 'Mataji how can we be like you? Why not? I am just like you. I have the same problems as you have, but only thing I know that I am nothing but embodiment of that love that is Divine and I can't exist without it. Every moment of my life, let the love flow, let the love flow; every wave of my mind conveys that love and that makes you completely powerful. If you read, I was reading Devi Mahatamaya, in that they talk about a Rakshasa who faced Primordial Mother, the Divine Mother and he laughed at her, 'You woman, what can you do to me, you are a woman!' What can you do to me? And She smiled at him and said 'Alright, come along, let us fight. And with one stroke She cut his throat! Very clearly that shows that positivity can cut the throat of negativity. There is no Hinsa in that, you must remember the difference between the two. If negativity is cut and positivity brought out, that is the greatest ahimsa

you can do to someone. You have seen what negativity does to people! You have now known what is negativity, you have seen how people suffer with it! And here, they are also anxious to be loved you will be surprised to know that if you really love them, they themselves come to Me and say give us that, give me salvation Mother! They come to me only for that sometimes with you that I should give them salvation and if I promise that, they take the birth again but there are Rakshasas, there are Rakashasas. As I told you the other day the Kalyuga has laid a beautiful stage and a very wonderful drama has to be played, in which Ravana has to love Sita as a Mother, the Kansa has to fall at the feet of Radha. Perhaps you do not know that Krishna wanted to kill Kansa at that time. He was his uncle, you see the feeling came in him of his mother, that after all he is my brother. So he asked Radha and Radha killed him, the Radha who loved the whole world at that time. She is the embodiment of love and she killed Kansa because it was the will. When you are playing in the hands of the God and if He wants to kill somebody, it has to be slain. But first of all you have to be in the hands of God completely. It is his love only which kills this body and when the songs of their strength and victory are sung, you have seen it, how all my Chakaras start working and vibrate! Because of strength! All those victorious days are still lingering on and it is going to work through you. But what about your poor instrument which is moving little slowly?

The time, when love has to rule, the Satyayuga if it has to come it is going to be through your efforts now. Before Sahaj Yoga no efforts but now all your efforts are Divine. What ever you do, what ever sympathetic you activate, you are getting it through Para Sympathetic. You don't do anything at all. But you can see yourself what stakes are involved. You are the chosen ones, otherwise why you get? You are the only people who have got realisation and so much have you come forward. Some of you got it only few days back and have gone very far, why? You are the chosen ones and you are to take it upon yourself. To be the channels of the Divine Love, that dynamic power which is going to transform the whole conception of hatred on which all these nations and all these differences are created. It looks sometimes how, how can it be? But now the days are gone of Gokul. I was thinking of it and all the time when Krishna used to play his flute and he tried Sahaja Yoga on the Gopis and Gopas. Oh! He tried, and tried and tried in different lives. Nothing worked and now it is going to click like a spark. The chain reaction will start, but we have to have strong machines to carry out, otherwise, the fuse will be off. Only the strength that is in you is to be felt by your attention. That's the only thing you have to do, is to feel your patience and give up all that is falsehood. All that is falsehood, you see within yourself and you will know what is falsehood and just drop it. Accept only the truth and the truth will give you that power to be the real instrument, to

carry the channel, that force of love. It should not be like you have to be egoistic you cannot be even if you try to. You cannot harm anyone even if you want to do, so many of you have expressed that Mataji has given it to every Tom, Dick and Harry. I cannot give it to any Dick, Tom & Harry. It has to be a man who have been searching, it has to be a woman who has been searching in her previous lives. You should know what you have got it, you have got it in your own right. So a person may look like a Dick, Tom, Harry but he is not, he is a great saint. They are all saints sitting here. It's a centre of nucleus of sainthood where the complete Divine is flowing. Only thing is, let it flow out from you. This power is that of God and it is not your responsibility to worry as together it will do good or bad. Even if you think that it may do some bad things according to this modern sciences of this world, ultimately it is going to be alright. Why that Jarasandh was to be killed? Why that Kansa was to be killed? Why Ravana was to be killed? Of course killing doesn't help much, that I have realised. All those who were killed are back again in their saddles. But still you don't fight those horrible people, you just fight yourself out. You just watch yourself. Where are you? What are you doing? Are you on the Divine or on the gross? Just think about it every moment, every moment you are in mediation. Just think of this moment and the dynamism of that moment. The complete power that is filling every moment just to go inside you. It will flow through your

Sahasrara inside your being and completely revolve round your whole being and transform the inside into a complete Chaitanya Shakti, a complete Divine Power. Allow it to come in, accept it, accept it without any fear, let it get in every moment, every moment keep awake. It is very precarious style that we are upto. I have only two hands, you can see that very clearly and though Mr..... says that I can do everything, I can do everything but not to make you do something. Your Will will be respected throughout. Every other thing can be looked after accept for one that you should be a perfect machine, a perfect channel, a perfect flute. For My role to play that tune of your love, it is for you to clear out all your seven holes. It is for you to clear out your hollowness and to be complete within yourself and He knows His job. He is the Artist but you are the instruments and the harmonious music from so many souls can fill the ears of these evil people and can penetrate into their heart and put love into them and may be that they themselves will give up their evil ways and fall at the feet of love. Krishna is to be born within you today. A five year old boy who went to

kill Kalia, that Krishna is to be born within you, went and sat on the Kalia's Sahasrara and was pressing it with his feet and all the people were seeing the great drama of Krishna's dancing on the Kalia's Sahasrara!

Krishna is to be born within your being; when you are Krishna, you are not going to see him. Let us now go to the state which is beyond verge, beyond thoughts, into the realm of Thoughtless Awareness where the Divine is pouring its blessings.

These people have decided today to have a puja and you know what happens to Me when you do My Puja! So with all those problems that will be facing later, I would like all of you to be attentive about the puja and to take full advantage of that. With this Puja you get the Mother's protection to begin with, and my Chakra's, when they start moving, they give you special powers of love and bless all your Chakras and fill them up completely. So, I would like you, though some few people are coming to do this all of you should feel that you are all doing it, and you can feel it that way with oneness and the blessings of my being will flow to you automatically.

May God Bless You

GUDI PADWA, Delhi 1976

Pravachan of Her Holiness Mataji Shri Nrimala Devi (Being in Thoughtless Awareness)

We cannot meditate, we only can be in meditation. When we say that we are going to meditate it has no meaning. We have to be in meditation. Either you are inside the house or outside the house. You cannot be inside the house and then say that now I am outside the house or when you are outside the house you cannot say I am inside the house. In the same way you are moving in three dimensions of your life, emotional, physical and mental being. You are not inside yourself. But when you are inside, that you are in Thoughtless Awareness, then not only you are there but you are every where. Because that is the place, that is the point where you are really in the universe. From there you are in contact with the Principal, with the Shakti, with the Power that permeates into every particle that is matter, into every thought that is emotion, into every planning and thinking of the whole world. You permeate into all the elements that are created on this beautiful earth, you permeate into earth, you permeate into Aakasha, into Teja, into sound. But your movement is very slow. When you say I am meditating that means you are moving in permeation with the universal being, but you are not moving yourself. You are just unloading yourself to be free from the weight of things that do not allow you to move. When you are in meditation you must allow yourself be in thoughtless awareness. There the unconscious itself, the achetna itself will take

charge.

You will start moving with the force of achetna, the unconscious is going to work it out. It is going to take you there where it wants you to go. You keep to Thoughtless Awareness all the time. Try to keep to Thoughtless Awareness as much as you can. When you are in thoughtless awareness you must know that you are in the kingdom of God and his people, his arrangements, his consciousness is going to look after you. Even when you are giving vibrations to other people, I have noticed that you are not in Thoughtless Awareness. If you give vibrations in Thoughtless Awareness you will not catch because all these entities that enter into you, all these material problems that come into you, come when you are in those three dimensions.

Through Sahaja Yoga you have opened your gate of your own being. You have entered into your own kingdom but you do not keep there, you come out of it and again you go back and settle down. That's a fact. You should not feel so dissatisfied about it, so frustrated. You know people have worked for thousands of years and they could not separate themselves from themselves. Only you people, Sahaja Yogis who are made after the pattern of Shri Ganesh himself are so powerful that they can give awakening and realisation to other people. Even if you are caught up, you have

seen you have powers. Even if you feel that the vibrations are not coming, you know you have powers. You can give realisation to others. In your presence people get realisation. But you have to be that power completely. Supposing there is something wrong with your car but as long as it is moving it's alright. You have to repair it, you have to repair all the times on our moods which we have caused ourselves by our foolishness, by our lust, by our greed, by so many false identification we carry with ourselves. We must have a complete attention towards our weaknesses and not towards our achievements. If we know what are our weaknesses it's better that we can really swim across better. Supposing on a ship there is a hole and the water is coming in through that hole. The attention of all the crew of all the staff and the captain itself will be on that hole from where the water is coming in and nowhere else. In the same way we must be on the watchout. There are so many pit falls for a Sahaja Yogi, I have seen it. Of course even the past is over, even the past can be overcome. In the present also there are many shadows of the past working. For example when you are sitting in group you are involved with each other. Those who are involved with each other, by any relationship, whatsoever, must know that this kind of involvement is not going to help them to attain their individual ascent. Everybody is ascending individually though you are collectively contacted with each other and in communication. But the ascender is individual,

absolutely individual.

So whether it is your son brother, sister, wife, friend. You must remember that you are not responsible for their ascendance. You cannot help them for their ascendance. Only Mother's grace and their own desire, their own effort to give up all the things three dimensional will help them. So whenever a thought comes like that you must know that you have not attained the Thoughtless Awareness in its full extent and that is how you have problems which are three dimensional. Sometimes a Sahaja yogi will find an emotion will come into his mind. It will be an emotion of dejection or frustration and he will be disgusted with himself or with others. Both things are just the same. I have seen some Sahaja Yogis getting very disgusted with others. There should be no disgust that is lasting. Of course for a short time you might feel disgust. Its alright, It is a part of feelings or you might feel disgusted with yourself, may be a part of feelings, but if you go on hankering on to it or if you go on clinging to it, that means you are conditioning yourself. That means you are not in Thoughtless Awareness, that means that you are in your past. You are making your past a solid mass on your head. In the present everything is sleeping, everything is sleeping that is not eternal. In the present in the eternal state, the rest all drops out. It's like a moving river which doesn't stop anywhere, but the moving river is eternal, the rest of the things are all changing. If you are on the Eternal

Principle, all that is not eternal changes and drops out, dissolves and becomes non-existent.

We have to understand our own dignity, our own essence. The first and foremost thing is that all the Sahaja Yogis are the chosen ones. They are the people whom God has chosen; in this city of Delhi there are thousands and thousands of people. All over the world there are so many people that you are suffering from over population. But in Sahaja Yoga there are very very few people and when you are chosen the first, you must also realise that you are the foundations, you are the stones that are to be laid down and have to be strong, have to be forebearing and that's why it is necessary that all of you who are now few, who are the first lamps that are going to enlighten other lamps in the world, you have to enjoy the strength of Eternity, the strength of Divine Love, the strength of this Universal Being that you are. This is what meditaion is.

So when Sahaja Yogis ask me, what should we do? You be in Thoughtless Awareness, that's all. Don't do anything at that time, not that you are moving towards the good or that the unconscious is taking charge of you. Not only that, but also you are emitting for the first time, the Divine into the Nature, into your surroundings, into other people who are universally connected to you. Only thing is that we are used to one thing that is we must do something about it, and that's why we start doing that.

Meditaion is the most Sahaja method. Then we have prayers and we have also Puja. Prayers are also to be said in your heart with the feeling of complete surrendering and asking for the eternal. It will be granted. Just ask for that and the rest will take place because they go step by step. All the Sahaja Yogis have a problem and they have problems because of their past, because of their future aspirations. Now, when you have problems, in Sahaja Yoga you have learnt how to overcome them. There are so many methods other than meditation. You know them very well, that you must know what is the chakra, where the kundalini is. Now, if the kundalini has been stopped by a certain chakra which is not working, you shouldn't get frustrated about it. Supposing your instrument or your car has stopped on the way, what is the use of getting frustrated with it? You have to learn the mechanism. You have to be a good technician and then you can manage it very well. So, all the techniques of Sahaja Yoga must be learned and mastered.

This you can only do by giving it to others and learning from correcting them and correcting yourself. There is nothing to be frustrated. That's the work; if you get frustrated and unhappy with yourself then there is going to be a problem. You have to laugh at yourself and laugh at your mechanism that is out of gear. When you start identifying yourself even with the instrument then you are not there. You are not the chakra, you are not the different channels, you are the awareness, you are the power, you are the kundalini. So, you

don't have to worry about all these things being not in their proper condition. If they are not, you can solve it. Just now the lights went off. If the lights went off because of the electricity failure, it's a serious thing. But if the lights have gone out because there is a fuse burst, you can replace it, you can remove that. So, there is no need to worry if your chakras are spoilt.

Worrying itself or frustrating yourself, itself is a wrong attitude towards Sahaja. 'Sahaja' in other terminology also means simple. Sahaja means, to be Sahaja means, I can say how Tulsidasa has said, "Jaise Rakhhu, Taise Rahu."

You keep me as you like. That kind of an attitude keeps your attention inside, because outside is to be let alone, to the top, let alone. We are not bothered about the outside one. As you keep me, I will be in that manner, and you will be surprised everything clicks out very well. Even sometimes you might feel, 'I should reach a certain place.' I must have this bhajan done, I must get these things done, and it's not done sometimes. Sometimes by mistake something as you want is not done. You must accept it as the Will of God. That is what it is desired. It's alright. That is the Desire of God and now you are one with this Desire. You are here to communicate the Desire of God to the whole world and at this stage if you start having your own desires and ideas about yourself then when will you become the Desire of God? This 'I'ness has to go away. That is what meditation is, where you are no more 'I'

but it is 'You'. Kabir Dasji has written a beautiful poem about it, that when the goat is living and she says 'Mein', 'Mein' that is 'I', 'I' but when she dies and her intestines are drawn out into wires and some cotton-comber fixes them on their instrument they have, Ek Tari as they call it, and he goes on pulling it with his fingers then it says 'Tu Hi, Tu Hi, Tu Hi,' that is 'you are', 'you are', 'you are'. That is how we have to die and we have to be resurrected. You have been already, but Sahaja Yoga as I have told you is a kheer or what you call the sweet dish cooked in a raw pot (कच्चे घड़े की खीर है). So, the soil of the raw pot also is mixed up, but your attention can be with the kheer, with the milk and can drop out all that is the mud of the raw pot. That discrimination is spontaneous. It is there, you have got it. Self actualisation, you can feel yourself. You know you are not that, you have started talking about your chakras in that manner. But the only thing, the only problem or the only defect that is with the Sahaja Yogi is that still though he is there, his attention is in God with outside. That's the only defect. If the attention is removed, how to remove, that's the point. That is the first thing. Once you say how to remove means you have created the three dimensional involvement. You are not to remove. It is there. If your attention is outside then I would have said 'No, your attention has to go inside, it has not gone'. But it is there you are sitting there. I am sitting here but my attention is outside. I would just feel myself where I am. That's all. Some have felt

it, some have achieved it. You know among yourselves there are some who have gone very high. The other method we employ is of Puja. I found that works very well with human beings, Puja, because it satisfies lots of demands of the past habit, that you feel that you are doing something about it. Then you start giving whatever you think the God has given you the blessings and the Rishis and Munis have found out, they are very clever people, they have found out how to please the deity, how to please the Mother. So, they have told you as they have told you even in this lifetime of mine, how to please her. They say she is Stutipriya that means She likes praises. They thought that. But when you praise someone from the heart that means you are accepting him and that is the time the chakras start creating a force by which you are thrown, you are triggered into that realm of God. So, these Puja methods and prayer methods and the mantra methods have been devised and found out by great thinkers of Sahaja Yoga, the great masters of Sahaja Yoga and it is the effort or you can say the effortless effort of the Sahaja Yogis that makes my body vibrate, extract the essence from my body or I should say, it makes me infinite, relieve itself through this fine effort and it works, it clicks, I have seen it works very well. But you know that after Puja I get little tired because if you cannot receive that force, I want to sleep and get rid of that additional vibrations into sushupti by entering into the infinite state. If you could receive whatever I am emitting, in

balance, with your Puja then only it helps better. That means when you are doing Puja also receive it. Be in Thoughtless Awareness when you are doing Puja. Completely concentrate in receiving, but while Puja people are talking. I have seen that they are moving about. I don't know how to explain it! That's the time something is oozing out-the nectar, and you just receive it at that time with full devotion. It is oozing out. If you feel the vibrations of my chakras at the time, you will realise that even the minute small little weals in my body out pour, different space a different speed, a different dimension and I really don't know how to explain it but, you see, it creates the melody. You have to receive it and it is the melody, individually. Suitable for every individual and when you when you receive it brings in you, that state is infinity. So, at the time of Puja you must know that all your attention, should be in reception.

Today is a very great day. It's a new year. Within two years from today, Satyayuga is going to start. It's a great day for many things that nine days are celebrated after this for the ascent of Mother. It is with date or I should say the calander was started by my forefathers and they perceived it that this is the day when the Mother started creating, and this is the day She created the Ganesha to begin with in the utpatti stage She started a work this day. And that's why we put this date as the first date, because the time started from this date long time back, and that's why this date is very important and if

you cross this state then you are beyond time. You have to step out of this date and go beyond. You have to step on your Dharma on to a religion and go beyond Dharma (-dharmatita). You have to be those three Gunas and to go beyond Gunas Gunatita. You are all those three but the steps on which you are standing have to be alright or those which are crossed or have to be alright too. So, when you are beyond you have to repair those steps which you have crossed somehow.

It can be done through meditation, Puja, prayers. But the most important the greatest advancement is done by giving. The universal through your universal being. You all must dedicate your life to Sahaja yoga and give more and more. Among us there are some people who have given a lot and by that they have achieved a lot. You have to give, talk about it, spread it and bring more people to

get this, otherwise they will be left out of evolutionary process.

There's no time for you to doubt and think. Don't waste your time in all these useless activities. If you have still doubt, it's better to give up. It's high time that you get into it, through it.

So, today I wish you Happy New Year for journey in the spiritual life of this world. You have to think of all the Sahaja Yogis who are far away from us and our thoughts should carry our love for them and they should be blessed as you all are blessed here. I hope this important day that I am here, you will fully dedicate yourself for your emancipation on those four lines that I have told you, and whatever programme comes, take it Sahaja. You should not insist on times and timings. Whatever comes Sahaja accept it.

May God Bless You.

ANUPAMA'S POEM

Shri Mataji has three very beautiful grand daughters who to the Sahaja Yogis, are little goddesses. (Perhaps, after all, the Sahaja Yogis have just there the right insight.) The youngest one, Anupama, had written the following poem:

"I am a little cabbage
Divided into two
I give my leaves to others
And my heart to you."

London, July 83

PROPHECIES AND FULFILLMENTS

Prophecies - Ancient texts from the major religions and spiritual traditions of the world which show references to the Kundalini, Self Realization, their association with the cool breeze felt emanating from the top of the head and from the palms, and predict Shri Mataji's birth and the advent of Sahaj Yoga in these modern times.

Fulfillments - how Sahaja Yoga was born and gradually spread around the world like a silent, revolution-and how these prophecies were fulfilled.

Prophecies

The texts below show references to the Kundalini, Self Realization, their association with the cool breeze felt emanating from the top of the head and from the palms, and predictions referring to the coming of Shri Mataji and Sahaja Yoga in these modern times.

• From the Hindu Scriptures

Shri Gyaneshwara, who lived in the 12th century in India, is the first saint who asked permission from his guru to speak openly to the masses about the Kundalini, this knowledge being kept secret and transmitted only from guru to disciple till those times. He describes the manifestation of Kundalini awakening very clearly: "The Life-wind emerges out of the Kundalini and creates a cooling sensation in the body internally as also externally." (Gyaneshwara 6.14)

The following extract from the Nadigrantha by Mr. Shanataram Athvale gives an amazing prediction of Shri Mataji's coming and Her starting of Sahaja Yoga, as well as the



effects Sahaja Yoga will have on humankind. In this book he gave informations about several different Nadigranthas which are the great ancient books on astrology like Bhrgu Samhita, Satya Nadi, Kak Nadi etc.. In this particular extract the author refers to the writings from Kak Nadi written by Kakayyar Bhujander who was a great astrologer and seeker who lived nearly 2000 years ago.

"While Jupiter is in Pisces a great Yogi will incarnate on the Earth. By 1970 it will have become quite evident to many people that a new era has started. Kaliyuga will end and Krutayuga will start. The axis of the Earth will depress and the Earth's orbit will come closer and closer to the Sun. Human life will undergo a complete revolution. A great Yogi will incarnate at this time[...]

Until this time a yogi or devotee could achieve the bliss of Moksha and find the ultimate

meaning of his life only by following the path of devotion, knowledge and Patanjali Yoga. He would have to go through severe penance in order to awaken the sleeping powers of various chakras of his body and finally enlighten the Kundalini Power.

By the new method of yoga devised by the great Yogi, human beings will be able to attain the joy of Moksha within one lifetime. It would no longer be necessary to sacrifice one's body or die in order to achieve Moksha. The Brahmananda which so far only great saints had been to experience and then only by entering into the Samadhi state at the point of death, due to new type of yoga could be achieved by ordinary human beings without entering Samadhi state while dying.

In the beginning it would be possible for one person in crores to attain this Yoga and Moksha. However, after some time the whole human race with the help of this Yoga will be able to defeat itself. People won't have to worry about food, shelter or clothing. While living ordinary lives people will achieve Yoga-Union with God. There will be no necessity for hospitals as there will be no diseases.

In the beginning the great Yogi will be able to heal diseases with a mere touch. Old age will go, destruction of the body will not exist and people will possess heavenly bodies.

Due to new scientific discoveries, science and religions would become one. With the help of

science the existence of God and the Soul could be proved. The veil of ignorance and Maya would be drawn aside and Brahmananda, Moksha which could previously only be attained by yogis as a result of very hard work and severe penance would become easily available to all human beings."

• From the Christian scriptures

Kundalini is the reflection of the Holy Spirit within every human being. The mustard seed is none other than the dormant Kundalini energy which when sprouted grows into the Tree of-the subtle system with the seven chakras and the three channels of energy.

The "Aquarian Gospel" mentions the following words of Christ: "These things I speak while you in the flesh but when the Holy Breath shall come in power lo! She will teach you more and more and bring to your remembrance all the words that I have said to you. There are multitude of things yet to be said: things that this age cannot receive because it cannot comprehend. But lo! I say before the great day of the Lord shall come the Holy Breath will make all mysteries known. The mysteries of the soul, of life, of death, of immortality; the oneness of man with every other man and with every other man and with his God." (Levi H. Dowling, "The Aquarian Gospel of Jesus the Christ" 162.5-8, L.N. Fowler & Ltd., Co. Ltd., Romford, Essex, p.238).

In the "Gospel" according to John, Christ says:

"I say the truth to you. It is profitable for you I go away: for if I do not go away, the Comforter will not come to you; but if I go I will send her to you" (16:7). "But the Comforter, the Holy Spirit, whom the Father will send in My Name, shall teach you all things, and will bring to your remembrance all the things which I have said you" (14:26). "When He is come, the Spirit of truth, He shall guide you into all the truth; for shall not speak from Himself; but whatsoever He shall hear He shall speak; and He will announce to you what is coming" (16:13). ("The Holy Bible". Gute Botschaft Verlag, Dillent Germany, 1889. The New Testament. G.Morrish, London 1871).

Long time ago, a famous Cistercian monk by the name of Gioachino da Fiore (c.1130/45-1) claimed that the New testament announced a third age of knowledge and integration, the time of the Holy Spirit to come after the age of the Father (Yahweh - The Old Testament) and of Son (Jesus Christ - The New Testament). ("Joachim de Fiore" in "Exegese medievale". Pal 1967, vol.3, pp. 437-527).

From the Islamic scriptures

The Koran mentions the cool breeze in connection to the Resurrection: "It is Alah Who sent the winds... As such (will be) the Resurrection." ("The Noble Quran" 35.9, Hilal Publishing House, Istanbul, 1994, p.700).

At the time of Kiyama (Resurrection Time)

"we shall seal up their mouths and their hands will speak to us, and their legs will bear witness to what they used to earn" (ibid. 36.65 p.713), is precisely what happens in Sahaja Yoga, when our entire inner system can be felt on our fingertips. Everything that we do which goes against our Spirit manifests on our chakras, and can be felt on our palms after we get our Self Realization. The Koran (ibid. for instance: 2.8-42-52 etc.) also makes many references to the Ruh (or Ruah), the Breath of God, which is same as the All Pervading Power in Hinduism and the Holy Spirit in Christianity. Its reflection in the human being is the Kundalini.

An interesting reference can be found in the "Shorter Encyclopaedia of Islam" which described the Mahdi - the Twelfth Imam who was predicted to come in the times of Kiyama: "To believe Him as the Second or the Promised Messiah is an article of faith, because first of all His coming early in the 14th century of the Hidjra was predicted by Muhammad" (H.A.R. Gibb. J.H.Kramers, "Shorter Encyclopaedia of Islam", E.J.Brill, Leiden 1953, p.24). Or, Hidjra (Hegir the starting point of the Islamic period was towards the end of the year 622, which sends us the end of the year 1922 maybe the beginning of the year 1923. Shri Mataji Nirmala Devi was born on 21st of March, 1923.

From the Jewish scriptures

The Zohar too mentions the sacred "breath"

in connection with the subtle body (the sephoron free): "A breath which comes from this world shakes the branches of the Tree of Life which spreads the fragrance of the future world in this world and brings the holy souls alive. These souls come up waking each other... and the Tree of Life rejoices." ("The Zohar" III, 173 I ir Livre de Ia Splendeur", pages de livre de Zohar choisies par Edmond Fleg, trad. par J. de Pauly, ed. J.C Lattes, Paris 1980, our transl.). This is in reference to the capacity of Sahaja Yogis (prectitioners of Sahaja Yoga) to give Self Realization to other people, like an enlightened candle enlightening another, and the joy of the tree of life is the joy felt on our subtle system during meditation when the Kundalini has been awakened.

Fulfillments



In the early morning hours of the 5th of May in year 1970, disgusted with the falsehood spread by self-proclaimed New Age "gurus" and desiring all the Seekers of Truth attain their Self Realization on the small beach of Nargol (about 150 km from Mumbai), Shri Mataji opened the primordial Sahasrara - the

seventh center that is the integration and pinnacle of our spiritual evolution. By doing so She cleared the path for the Kundalini to rise effortlessly in each and every human being who desires to receive their Self Realization, the connection with their true Self and with the Divine. She describes this historic event.

"It is the greatest event of all the spiritual happenings of the universe... Without this happening, there could not have been the possibility of giving en-mass realisation to people. [-]

As soon as the Sahasrara was opened, the whole atomosphere was filled with tremendous chaitanya, and there was tremendous light in the sky, and the whole thing came on this earth, as if a torrential rain or a waterfall with such tremendous force as if I was unaware and got stupefied.

The happening was so tremendous, and so unexpected that I was stunned and got totally silent at the grandeur.

I saw the primordial kundalini rising like a big furnace, and the furnace was very silent but a burning appearence it had, as if you heat up a metal, and it has many colours.

In the same way, the Kundalini showed up as a furnace like a tunnel, as you see these plants you have for coal burning, that create electricity and it stretched like a telescope and came out one after another, shoot! just like that.

I started seeing all that and got lost in the joy. It was like an artist seeing his own creation, and I felt the joy of great fulfilment.

After coming out of this beautiful experience, I looked around and saw human beings so blind and I became absolutely silent, and desired that I should get the cups to fill the nectar”.

Sahaja Yoga was born. Shri Mataji started giving Realization to small groups of seekers in India touching their centers along the spine. Then the first group of twelve seekers got their Kundalini awakened: en-masse Self Realization had started. Sahaja Yoga spread very quickly in the small villages of India, where innocent people were ready to receive this Divine gift with an open heart.

Shortly afterwards, Shri Mataji's husband was appointed as the Secretary General of the UN Maritime Organization and London became their home. The first group of seven Western seekers received their Self-Realization and became Sahaja Yogis (practitioners of Sahaja Yoga).

Slowly Sahaja Yoga spread throughout Europe, and to North America. Shri Mataji was very eager to save her American children from the clutches of the false gurus who had descended upon that country and were looting people in the name of spirituality. In 1972 she sold her golden jewellery to set sail on America. She visited hall after hall but her message fell on deaf ears as the seekers of those times, were too naive to realize that Truth can be obtained without paying fabulous sums of money. On the way back aboard the ship She addressed them in one of her poems.

In 1989, after the Iron Curtain fell, Sahaja Yoga spread like wildfire in Russia and the Eastern Block countries, where dozens of thousands of seekers filled stadiums to listen to her lectures and received their Self Realization. Nowadays Sahaja Yoga is established on all five continents and is coming with full force to the attention of the scientific, political, ecological and spiritual communities as a solution to solve today's crises from within.

'AUM'

EXPLAINED IN SCRIPTURES

Sahaja Yogis know that the goal of all the World religions is the union between the *jiva* and the *atma*, the union between the *atma* and the *paramatma*; that is, the identification of the seeker with his Self and the merging of his Self into God. He witnesses the play of the dynamic Love of God like a flute.

When the Kundalini, settled in the Sahasrara, unites with the Atma located in the Anahat chakra, the human consciousness has realised the supreme religion. It is the state of integration between the -Atman and the Shakti (God and the Holy Spirit). This state also expresses the Unity between the unmanifested God (*Parabrahma, Paramatma, Brahma*) and God within man (the Atma, the Self) because it reflects the state of Unity which preceded the Original Distinction (the original apparent distinction takes place between the God Almighty and the Holy Spirit, Sadashiva and the Adi Shakti).

This Unity is expressed in the Word, *Brahma Tattwa*, the *Aum* and Amen which has incarnated as Lord Jesus, the Christ, the Son of God, Mahavishnu. Let us remember now what has been said in the older ages:

"In the beginning was the Word, and the Word was with God, and the word was God. He was in the beginning with God; all things were made through him, and without him was not anything made that was made. In him was

life, and the life was the light of men... The true light that enlightens every man was coming into the world. He was in the world and the world was made through him, yet the world knew him not." (John I)

"Of that goal which all the Vedas declare, which is implicit in all penances, and in pursuit of which men lead lives of continence and service, of that will I briefly speak. It is Aum." (Katha Upanishad)

"The syllable Aum which is the imperishable Brahman is the universe. Whatsoever has existed, whatsoever exists, whatsoever shall exist hereafter is AUM. And whatsoever transcends past, present and future, that also is AUM. All this that we see without is Brahman. This Self, that is within is Brahman. This Self, which is one with AUM." (Mandukya Upanishad)

And to the angel of the Church in Laodicea write, "The words of the Amen, the faithful and true witness, the beginning of God's creation." (*John. The Apocalypse 3.14*)

We can relate Christhood-the-Word-Aum to Sahaja Kundalini Yoga in exposing the symbolism contained in the sacred syllable.

"A" Represents the Tamoguna of the *Virata*, the Primordial Being (desiring mood). At the cosmic level it is the Ishwara whose shakti is Mahakali. At the microcosmic level it is Ida nadi and the

left side Sympathetic Nervous System. At the microscopic level it is the nucleus of the atom.

“U” Represents the Rajoguna of the Primordial Being (activating mood). At the cosmic level it is the Hyranyagharbha whose *shakti* is *Mahasaraswati*. At the microcosmic level it is Pingala Nadi and the right sympathetic nervous system. At the microscopic level it is the electrons of the atom.

“M” Represents the *Sattwa guna* of the Primordial Being (revelation mood) which evolves AUM to the level of the Primordial Being Himself, *the Virata*, whose *shakti* is *Mahalakshmi*. At the microcosmic level it is the Sushumna and the parasympathetic nervous system. At the microscopic level it is the valency of the atom.

The Adi Kundalini (Holy Spirit in the form of the Primordial Kundalini) is said to be “*trignmatmika*” that is, containing the three gunas. What She does is to unite the A, the U and the M. Hence, at the Divine Energy level the Adi Kundalini generates the AUM which means, in personified terms, that the Adi Shakti is the mother of the Son of God.

AUM is a sound and this symbol actually represents the primordial movement of the

Energy. Its manifestation as *Chaitanya* (wave of life force) can be felt through the parasympathetic nervous system after self-realisation. This Energy is at work everywhere and all the time but before realisation man cannot feel it.

Upnishad tells us “by meditating upon AUM, the wiseman attains *Brahman*”; “AUM is Brahman. AUM is all. Now the question arises that how to meditate upon AUM? The answer to this question is given by Shri Mataji through Sahaja Yoga.

How does a human being become AUM?

By putting A, U and M together.

Who does in fact put A, U and M together?

The subdued Kundalini does it.

How does the Kundalini manifest Herself?

Through Sahaja Yoga.

As *Adi Shakti* the Almighty Sacred Mother created the AUM. As Shri Gauri She created Lord Ganesha. As Shri Parvati She created Lord Kartikeya. As Shri Radha She created Mahavishnu, who was born to Mother Mary as Lord Jesus. As H.H. Mataji Nirmala Devi She created a new race of Sahaja Yogis. She says that Sahaja Yogis have been created in the pattern of the Great Son of God.

PLEDGE

(By Yuva Shakti)

We pledge to protect our innocence from the unending attracts of the society by worshipping **Shri Ganesha**, asking for his protection and inviting our lord to reside in our Mooladhara during our daily meditation.

We pledge to rid ourselves from the stains and blots that cloud the light of our spirit from shining in our attention.

We pledge, as **Shri Mataji** asked Yuva Shakti, in Shasrara Pooja 2000 in her castle in Cabella, to develop a penetrating attention, so that it may be vector for the divine power within us to work out all the problems facing our world.

We pledge to seize any opportunity to talk about Sahaja Yoga and give Realisation with humility.

We pledge to become our own masters so that our words resonate with the confidence of realised gurus, and inspire the seekers to get their Realisation and take up a life of free-

dom within the **Vishwa Nirmala Dharma**.

We pledge to face our fears and ask for courage to face ourselves and spread Sahaja Yoga.

We pledge to spend as much time as possible with Yuva Shakti brothers and sisters, to share our divine knowledge with them, and to protect them when necessary.

We pledge to surrender to overcome our ego, and to have faith to overcome our superego.

*We pledge to pray, with dedicated, humble sincerity to our **DIVINE MOTHER** that She grants us her recognition, and that she blesses us so that we overcome all the weaknesses that might hold us back from fulfilling our pledge for this new year, which we hope is the beginning of the emergence of a new Yuva Shakti Force energized by its desire to thank our Mother for having made Her children.*

Jai Shri Mataji

TOWARDS LIBERATION

(Indian TV Interview, 14 March, 2003)

A half-hour Hindi Language television documentary about Sahaja Yoga titled "Towards Liberation" was broadcast in March on India's Public television network, Doordarshan. It featured this interview with Shri Mataji Nirmala Devi

The draw to spiritualism

"With the interest in technology, the interest in spiritualism could go down. But I am seeing that more and more people of technologically advanced countries are being drawn towards spiritualism because there is neither joy nor peace in technology. It does not give a solution to human problems."

Therefore, those who have come into Sahaja Yoga have come from India as well as those technologically advanced nations. They "have gone beyond technology and they have derived the conclusion that there is nothing special in technology. Their bent and seeking is extremely deep. It's very sahaj."

All of the gurus of India have said to search within. They said "nothing could be achieved without knowing the power within." The problem is that Indians "talk about it, sing its songs, but do nothing practical. The people of developed countries know nothing about spiritualism, so they are keen seekers. Their seeking is so intense, that in a country like Russia, where I thought spiritualism could not take up, there is a larger number of spiritual people. They are really wonderful because so many atrocities were committed on them, but they kept on going ahead with their seeking.

They know nothing about God. The word spiritual was unknown to them...yet they have been very deep from within and have ascended to great heights of spritualism. They have become more deserving...When they get their Realization they go very deep in it because the intensity of seeking is there."

In India there is only talk about spiritualism. Everyone advises others to seek. "All the gurus have said the same thing. We might have harassed and tortured these gurus in their lifetime, but when they are gone from this world, people follow them and read what they said. They know everything, but no one is prepared to work for it."

Seeking Around the World

"I go abroad because there people are seekers. In their seeking, they are absorbed. A large number of them are seeking and a lot has been written about it." They have translated and read most of the Indian scriptures. "It is amazing that they read the Sanskrit language. They know so much. But then, certain *kugurus* (false gurus) from India reached there and they began to teach them" They could not attain the required goal of Self-Realization, but a lot of money was taken from them.

"After that, when I reached there, people were amazed that 'She gives Self-Realization and accepts no money at all.' So they came close to Me." How long will these false gurus go on in spiritualism? They "deceived the seekers with honeyed discourses and befooled them... Those who came in contact with Me once, remained with Me forever. We have been doing this work for the last thirty years and these people have gone very deep. In their seeking they have attained great depths."

For these Western seekers, "the emotions of love for each other were totally absent in their families and society. They received that love from Me and, nourished by that love, they got totally transformed. They are so much changed that even the Germans have become so lovable and sweet that they talk their hearts out unhesitatingly. They are ashamed over the excesses that have been perpetrated by their country in the past."

I do not know in how many countries there is Sahaja Yoga. "Sahaja Yogis will say that Sahaja Yoga is being practised in eighty-six nations. I Myself have not been to so many countries. What happens is that when one person gets Self-Realization and practises it, he becomes an expert in a year's time. Wherever such people go, they talk about Sahaja Yoga to others. This is how it worked out and Sahaja Yoga spread to this level. I do not know how to go to all these countries, but those people come wherever our programs

are organized."

In "countries such as Benin and Ivory Coast, where all the people were converted to Islam, I asked them, "Why did you become Muslims? They replied, "We saw the French. There is absolutely no morality in them so, we became Muslims. Now they have all become Sahaja Yogis. That is how the number of Sahaja Yogis is increasing everywhere. Those who are tired of fundamentalists, they also wish to come to Sahaja Yoga."

Many kinds of people have come Sahaja Yoga. They "sought their ideal in Me and they are drawn towards Me" and got their Self Realization.

The real religion

"The significance of Sahaja Yoga is that we are not conditioned by any religion, country, creed or race." There is "absolutely no conditioning. We regard human beings as human beings and respect all the religions. But our respect is for the religion and the essence of these religions. It is not for the distorted form of religion. Therefore, people of all religions jumped into Sahaja Yoga and have the feeling that they have got the real religion.."

"I have not done anything special. I searched only for the method to give en mass Self Realization. I thought it would have a better effect." If you attain anything such as

inventing electricity, without putting it for the benefit of the society, it is useless. Similarly, I thought that the attainment of Sahaja Yoga that I had should be for the benefit of the society. It should be en mass and given to all the seekers. We should say that it is collective.

"No doubt, I had to put in a little hard work for it. I studied different attitudes of human beings. I concentrated on the chakras and saw where the problem was. When I could know these problems of the human beings, then I tried to find out the ways to overcome these problems.

"In May 1970, I came across a person who was confusing the seekers of truth, so I decided to do it." With that, I was able to get this system and attainment. "Now en mass Realization has become very easy. It is mentioned in the scriptures that in Kali Yuga this will take place and will reach its heights. It is already known to us. Whatever was written is now happening.

"So the first thing is to prepare the society for seeking. There is a scripture of Bhrgu Muni called *Nadi Grantha*. In this, he has clearly mentioned the year in which Sahaja Yoga will start. With the beginning of Sahaja Yoga, all those who have been confused, those who have taken to a wrong path and fallen in the trap of Kali Yuga will be saved. Their Kundalini will be awakened." He has gone to

the extent of saying "there shall be no need of hospitals. Many prophecies have been made."

The method of curing

"So this is the method. This time was to come and it has come. It is the speciality of Kali Yuga that in it human beings get confused and in the state of confusion, people start seeking. Groping in darkness, the seeker gets more confused and searches intensely. Now is that period. In this era, it will take place".

"Many people get cured of their diseases with the practice of Sahaja Yoga because there are plexuses in our body through which we are connected physically, mentally, intellectually and spiritually. When our kundalini awakens and nourishes these plexuses, the diseases concerned with those chakras get cured."

Diseases believed to be incurable, such as cancer and AIDS, can be cured, but for AIDS it is difficult.

"Alzheimer is another disease. Those who try to have control over others in their lives and always have an upper hand, sometimes get this disease. Before death, one side of their brain becomes dead and the other one keeps working." This disease "is very aggressive, very cruel and very violent... This is a disease which we have not touched."

With Sahaja Yoga, "drug addiction goes away. I never tell anybody what to do and

what not to do. Automatically, everything gets all right. After awakening, the kundalini does it herself. Man starts understanding immediately after Self Realization.

"How does the Realization take place? It is with the light of the spirit and enlightening of your heart. When the light of the spirit enlightens your heart, in that light we begin to see what will bring misery to us and what will bring emancipation. Just as you could see clearly in the light, but keep groping when it is dark, so man gets transformed in that light of the spirit."

"You will be amazed that in Sahaja Yoga no one takes drugs, no one drinks alcohol and none commit misdeeds." Ninety-nine percent of people do no wrong. "Many marriages are performed in Sahaja Yoga and all of them go beautifully in a beautiful manner. They have very lovable children."

The dawning of a new kingdom

This is the dawning of a new kingdom. "That is the kingdom of God in which neither there is any bitterness nor difficulty. In a way, man becomes very collective, like the drop falling

into the ocean." As Kabira said, "when the drop falls into the ocean, it becomes one with it. The same oneness takes place with Sahaja Yoga." This has to happen. We have to get the climax of our evolution.

"Whatever progress we have made so far, whatever work the gurus, the incarnations, spiritual guides have done, that has to bear fruit now. So this is the time. As we sow the seed, first of all it sprouts, becomes a tree, then bears flowers and then fruits. Similarly, I call this age 'blossomtime'. There is abundant flowering and it is not difficult to make fruits."

"Everyone has to search for the truth within. There is no other way. Without searching for the truth that lies within, one goes on treading the path of untruth, which generates all these negativities. When you are established in truth, no rules and regulations are required. Then all your deeds become divine. Therefore, everyone should seek the truth and this is the time when you could get it."

"This is My desire that everybody, especially men, should seek the truth."

"May God bless you."

SAHASRARA PUJA

(Cabella - 4th May 2003)
(A Report)

WHEREVER, *She Is*

It is a mystery warm weekend. May flowers bursting with coloured essence, dark and light greenery wrapping one's mind inside and out. Floating down from the castello, cars stopping with kind greetings and rides, but the walk is too beautiful.

Cabella buzzing with tender yogis of eighty countries, friends all, loving yogis absorbed in the pendal, springing to life. Smiles stretching for miles, handfuls of children here and there swooping, laughing, playing.

A weekend of connectivity, hosted by European brothers and sisters- calm, natural easiness. Sleepless and energized vibrations everywhere, a full pendal of joyous children of Shri Mataji. A havan in front of the men's blue tent, Friday evening. Tall and wide flames licking the warm air, strong yellow-red-orange energy, full tent, full yogis, babies laughing. Long silky meditation, following late dinner.

Morning meditation in the pendal. It is a strong, sunny, hot day, good for walking to town, every car stopping to give a seat, meeting new faces and voices. Some yogis jump from the cars to be on foot and join the meander, vibrating toes. Cafes full of yogis

and Cabellites looking at each other with wonderful, sparkling eyes, *macelleria* is closed, delicious little oranges, yogis, yogis, a hotel owner excitedly talking about Shri Mataji and Yogis, a little boy's tears for a bed to sleep in mother's comfort and cookies.

There's infinite space - time has stopped. Group shoebeat near the blue tent, collective energy rising.

In the pendal, Gregoire announces that "Shri Mataji will not be coming to the evening performance. Everyone has to realize it is time we absorb more of Her vibrations. It is no longer a time to ask our Mother for anything." We have to give everyone love and receive Her vibrations, feeling a strong and subtle empowering, pure joy, no sadness, detached awareness.

After the play, dancing begins with a wild, joyous electricity in the air and never ends. One by one, the singers and musicians change and some step off the stage, but the yogis call them back, circle dancing, jumping and Indian dancing, hugging and leaping and group dancing and singing ring through the night as the last musician has finally stopped drumming a familiar beat - yogis are still dancing and

bo-peeping their own beats and will not stop until they finally desire to nourish the Nabhi chakra, dinner is served.

It's 4.30 am.

Sahasrara Puja

Morning *meditazione*, more yogis arriving, *mangiare*, strong and whipping up a cool awareness of Mother, yogis playing volleyball, children playing football, assorted games playing under the sunny wind-whipped afternoon, a group footsoak in the narrow, shallow, creamy, white bubbly effervescence of the narrow river, everyone on the side close to the pendal, an unbroken serpentine line of every yogi runs up the river for miles of colour and meditation to the castello. A handful scatter on the hintersides as well, slight hands moving in the yellow-white glare of warming river, yogis full body soaking, laughing, giggling of underwater vibrations, coming out of Mother's mountin castello through our subtle systems, snaking downstream, purifying Her children.

A spiralling, single organism of love and light shooting out of Sahasrara crowns in the northern hills of Cabella - the world. Time ceases to move. Shasrara Puja, dressing up for an elegant evening, no anticipation, calm settles over the yogis and an announcement to enter deep meditation immediately upon entering the pendal, full at 6 pm, silence and scattered child sounds, "cou cou c'est nous."

At 8 pm the Shasrara Puja videotape begins, appears to be last year's puja. In deep meditation words blend into doubtless

awareness. **"Rather than asking Me for something, you can ask deep in yourselves for anything. You have the kundalini. You are responsible. You can do it all. You are my instruments."**

After the video ends, a silent period, then a soft spoken announcement that Shri Mataji wishes us to go on with the puja without Her, She will not be coming. Phillip says, "Our Mother is with us in formless form. We need to absorb Her vibrations. We need to absorb Her vibrations. We need to give Her the message that we can take the responsibility and give to Her rather than ask from Her. We are Sahaja Yogis."

There is a sombre, sad part to this news, eyes well up with silent, slippery tears that don't fall, hearts opening and filling with more new love for Shri Mataji and an announcement is made that we have to wake up our joy and give love and bliss and energy to this puja, no earthly sadness-a lively vibrant puja for Shri Mataji, for all yogis-we can do it and elate in the joy of our puja with Shri Mataji formless.

The clapping and singing resounds with a newfound happiness, eyes lighten and glisten with joy and smiles opening up the energized pendal. The puja is on and it is alive and bounding and the yogis have awakened, a new something has arrived and it is enlightening love and awareness.

Wherever, She is. Her children are growing up, Her children are alive with Her joy, with Her love, with Her presence

everywhere on this planet. We feel as if all Sahaja Yogis are in Cabella with us. There is no rain on this puja, it started to rain inside the puja on this night and it cleanses the beauty of all yogis. Her children are responsible for the road they have turned onto, a continuing path. We will do all and be joyous through all and give Her the openness to come and go and do as She will with full confidence in Her enlightening yogis.

We love you, Shri Mataji. We love you, Shri Mataji. We are happy and joyous and aware of our understanding. We are absorbing you deep in our hearts.

Dancing and singing late into the night, as old yogi asks for it to end and it does sweetly. Rollicking yogis head down for dinner, arm in arm, clumps bouncing-it is earthly morning in a cloudless, starry night, the yogi dinner bell is ringing

A long table under a tent seats yogis from the world, twenty or so, eating the remains of *zuppa and rizo can sugo*, hot chai is served sporadically like some golden nectar from the hills, all ensconced in a brilliant love and laughter until buses start leaving at 5 am.

Bollo Shri Adi Shakti Mataji, Shri Nirmala
Devi Ki Jai!

Jonathan Schorr
(The American Newsletter)

Give me strength



GIVE me strength, Mother
to meet one challenge
or the other.

GIVE me a mature mind
to tackle problems of one
or the other kind.

GIVE me a patient heart
so that you can reside
in any of its parts,

GIVE me a pair of beautiful eyes
Whenever I open them
I should see You
to my surprise.

Give me a pair of noble hands
so I can work
according to your commands.

GIVE me a confident
and cheerful nature
so I can survive in any weather.

GIVE me the sense to smell a flower
and to smell the fragrance of love
which you shower,

Give me the sense to feel
to feel the way you heal.

*above all,
give me the sense of satisfaction
so the "GIVE" above
I don't have to mention.*

Chanchal Lal

SHRI ADI SHAKTI PUJA-2003

(A Report)

The moments spent with Shri Mataji are priceless.

Many Sahaja Yogis understood this after the Shri Adi Shakti Puja. We were blessed to enjoy Shri Mataji's brief presence at Saturday evening's program and at the puja.

Almost by surprise, Shri Mataji arrived on Saturday evening at the artistic program and enjoyed the presentations offered by the Sahaja Yogis from the host countries.

The puja was set to start at 7 am and at that hour it was announced that Shri Mataji was ready to leave the castle. The vibrations became very strong. Shri Mataji came actually at ten and stayed for almost an hour.

The puja started without the speech and immediately the children were allowed to offer kumkum on Shri Mataji's Feet. Afterwards, without the normal preparations or decorations for Shri Mataji, the puja items were offered and we sang the aarti.

After this, Shri Mataji Herself asked for the bhajan 'Mateche Gondhari.' On this song, indeed, the whole puja pendal started to dance. Shri Mataji was radiant and we were lost in joy and everyone wanted this song never to end. Suddenly, Shri Mataji took the microphone and spoke about the song's meaning. "We are the singers of Shri Mataji." Then Shri Mataji left. We remained satisfied in silence.

(Arno, Ute, Margot, Martin and Sita)

MATECHE GONDHARI

We are the singers of Shri Mataji.

We are the praisers of the Mother.

The dharma has lost its meaning. There was an epitome of ego.

The children became harassed, so the Mother came on the Earth.

The love of the Mother manifested. The enemies were destroyed.

The end of the sins is approaching. The Shakti has come on the Earth.

She challenged the devils with Her yoga and they were destroyed.

We have got lost in devotion for Her. We saw the Heaven on the Earth.

We recognized God and we started adoring the Adi Shakti.

We worshipped Her and the whole village knew this.

The whole village came back to us to get the blessings from the Mother.

She made a sign and all felt the love of God.

In Sahaja Yoga life is not a wasted life, as it is with false gurus.

Here we have a direct relation with God and love to spread only His message.

I am not going to tell you more. Those who came have got their Realization.

You only have to have devotion and you will certainly get the moksha.



SHRI ADI SHAKTI PUJA

CABELLA FIGURE

15 JUNE 2003



I am very happy all of you are here singing the songs of Gondhari.

Perhaps you do not know the meaning. That is 'We are the singers of Shri Mataji.' And these are the songs sung by people who are villagers and they are singing this song that 'We are singing the song of our Mother, with all our love for Her.' And all that singing has come to you."

It is very, very happy for Me because these are only ordinary villagers and how you have accepted such a nice mood and songs from them.

"May God bless you."



Shri Mataji in Paris

July 22nd to 24th, 2003

outside the bounds of time

From the 22nd to 24th July 2003 and, more precisely, for thirty-six hours, the French collective lived divinely blessed moments during our Divine Mother's visit to our country.

It is hard to express in detail the richness of the teachings with which our Guru blessed us.

How to describe such a divine arrival - the extraordinary column of Paramchaitanya, the flowers and the yogis and the intense looks between her devotees and the ultimate aim of their devotion, Shri Adi Shakti!

All the souls, and the little reservoir of love that we were, began to flow towards Her, the inexhaustible source of love.

And yes, our Mother arrived at the Roissy Airport in Paris with all Her powers of the Adi Shakti, Her Resplendent Majesty, full of tenderness, of force and of gravity which pulled in everybody's attention. How could the country, supposedly the representative of the attention of the world, remain indifferent to the very source of that attention?

The airport was enchanted and that enchantment invaded Paris during the next thirty-six hours. Mother visited Paris on the

day following Her arrival, delivering to us a series of precise descriptions of the events that we have been living through in France for twenty years to this day.

We were living outside the bounds of time. More than six hours were spent visiting Paris, including some shopping and the crossing of the city of Paris, but it all seemed to us very short.

Shri Mataji was beyond fatigue. We felt like we were in a puja and there was a downpour of vibrations and a freshness akin to a fresh morning rain shower.

That same evening, Shri Mataji expressed her wish to see some of the Paris yogis and so we were twenty or so blessed souls who spent an eternal ten minutes in Her presence, when She then announced that we should go for a drive. This was at 11 pm.

And so a cortege of four cars followed Shri Adi Shakti around the outskirts of Paris, during which time She announced to us that, "I am here because of your strong desire," which left us wondering exactly to which desire She was referring. That night again our Mother allowed us to sail on that extraordinary ocean of love over which She is

the only one to reign.

And so with the same question in mind, we soon found ourselves again at the airport, waving Her off to India.

It is true that we, the French Sahajis, live in a spiritually backward and difficult country. With no great powers, we wished only to be able to receive our Mother, carry Her bags, offer Her food, wash her Lotus Feet, see Her resting comfortably and to help take away all those problems which come from us. And it is also true that in these simple acts, we were not the best.

Which desire was Mother speaking about? With this brief account, dear brothers and sisters, we wanted simply to share with you this pure desire to which Shri Adi Shakti, Shri Adi Guru, Shri Mataji Nirmala Devi is so sensitive.

And we also wanted to share with you our collective introspection, as it is an occasion for each one of us to pierce into the secrets of pure desire

Majid Golpour

I had just finished a training course at my company's office in Paris and was wondering what to do with the evening, when I received a call from a Sahaja Yogi brother saying that Shri Mataji was arriving and would be staying at the Hilton Hotel. I couldn't believe what I was

hearing. I stay in this hotel two to three weeks out of every month. One colleague had received his Realization a few weeks back and was meditating. He is very sensitive to the vibrations. I said to him, "You know the lady you have been meditating on for the past few weeks? Well, She's arriving at the airport tonight. "While we were standing at the airport arrivals, he said to me, "I think that plane landed a few minutes early. "He was right. Shri Mataji had arrived. We saw Her from the window and She waved lovingly at all the yogis, making sure that She waved to the yogis at each window as She passed. It felt like old times again with all the yogis gathering around Shri Mataji in a sea of divine love. The next day, I was to give a training course and I heard that Shri Mataji was going to go shopping, so I asked another Sahaja Yogi, who works for the company, to phone when Shri Mataji was leaving. I was in the middle of my training course and I received the call. I told the trainees that I had to go out for fifteen minutes and that they should continue with the exercises. I raced to the Hilton, which was only five minutes away, and, as I walked in, Shri Mataji was in the reception hall and, apart from Majid and Alganesh, I was the only yogi. Shri Mataji gave me a big smile and offered namaste and I felt so blessed to have received Her darshan. After She left, I raced back to my trainees,

feeling bathed in vibrations. It was quite a bizarre adjustment from the darshan of the Goddess to going straight back into explaining the technicalities of our software product.

(Steve Jones)

With very little advance notice of Her arrival, the French Sahaja Yogis in the area of Paris journeyed to the airport to greet Shri Mataji. We all phoned each other and we started a crazy-pleasant rush. It was such a happy rush. No one was late when Shri Mataji and Sir arrived at 9 pm.

Two lines of yogis were formed and Shri Mataji passed between them. We welcomed Her with so many flowers, which She accepted from every person. Although it was late in the evening, She saw each and every one of us with full attention. Many children were there, newborn babies and also newcomers. This walk through the airport was just like a tunnel of joy, love and vibrations.

Shri Mataji did not speak to the assembled crowd, however She did say thank you to everyone.

At Her hotel near the airport, Shri Mataji found it very uncomfortable and noticed that everything in the suite was placed too low. She said that She will show people what is comfort by bringing it to France. She said She will find land, buy it and build a place where people can eat and stay, enjoying comfort in the real sense of the word.

She pointed out how important it is to have

proper comfort to give attention to comfort and that here, obviously, we do not understand what comfort is.

She later spoke about how important it is to have proper comfort and hygiene in our life, to have the proper attention on our being and to be very neat and clean, every day to take a bath, every day to have proper hygienic care. Our attention should go to each and every part of our body, as well as to our brain; otherwise we cannot feel comfortable. Proper introspection is needed to find the comfort of our body and our spirit.

The Adi Shakti has decided to use this country of France to bring proper comfort and to show what is the comfort of the spirit.

This trip clearly showed us who Shri Mataji is. This trip clearly showed us that She is the Adi Shakti. This trip clearly showed us our fears, our limited perceptions and interpretations about Her. She came to show us all this, in the most delicate and soft manner.

The meaning of this trip was to tell us to take up again good Sahaj principles that many of us unfortunately fail to actualize. This means it is important to meditate deeply and truly, every day.

It is essential for us to have full faith in Shri Mataji. The deities express themselves through Her.

After such a trip, it is impossible to imagine the Divine differently. All the dimensions of the Divine are meeting inside Her. What would

the world be without Shri Mataji?

A lot of things happened only to show us how important it is to have fixed attention and not to have our organization disturbed by useless actions.

Mother was there watching everything carefully as the Witness. She showed us how a calm and inner quiet attitude is always the best.

Each and every moment spent with Shri Mataji is a lesson of Yoga. Shri Mataji is able to take all forms. If we want Her to be sick and weak, She will play that character also. **So, it is better not to project anything or to interpret. She is like an untouchable giant.**

Shri Mataji is very well. She is working on a deep and subtle plan. Now it is our turn to overtake our fears and projections through our meditation.

A lot of yogis came also to say goodbye. Sahaja Yogis from Australia, England and Russia were also present during these three days and brought back these Divine messages to their countries.

When She left, the rain started to fall very strongly.

(Majid Golpour and Janaki Gerard)

*When I finished my training course,
I went back to the hotel and,
by this time all the yogis were gone
and everything had been taken
away. I was alone, meditating in
front of Mother's bed. Just looking
at the bed took me into thoughtless
awareness. I only had about half an
hour to go before I had to take my
flight home and I was meditating
on the reality that a divine
incarnation had slept in this room.
I looked at the sheets that were
still on the bed, the sheets that
Shri Mataji had slept on two
nights previously and I couldn't
bear the idea of the cleaner
coming and just dumping
them into a bin. So I phoned
the manager with an unusual
request - to buy the sheets.
It wasn't a problem, So I folded
up the sheets and flew home
and placed them on our altar.
On the plane, I kept thinking of
the vibrated sheets in the over-
head compartment and felt that
I was carrying back to Vienna
a small part of Shri Mataji's
ocean of love along with the
memory of an incredible week
in Paris.*

(Steve Jones)

GURU PUJA

24 July 2004

Cabella Ligure

A SAHAJA YOGI

Once

“Most of these gurus and incarnations were very helpless with human beings. Perhaps they didn't have such beautiful disciples as I have. Perhaps at this time, all the good people who are seeking divinity are born, they are here as Sahaja Yogis...

Once you are a Sahaja Yogi,
you are a Sahaja Yogi.

Then you must show your dignity
and not thrive on your weaknesses.

But modern times are so special I think. It is very easy to give Realization...

In Sahaja, you witness yourself as a separate identity. All your past is finished, gone. You are not bothered and you remain in a state which is fearless. This state has to be achieved through Sahaja Yoga...

"Sahaja Yoga is not to conquer others or to control others, but to conquer yourself"...Have you completely transformed yourself, changed yourself and now, in your presence, do people feel secure?...

"Now to become the guru, you should have a great sense of forgiveness," like Buddha.

"To call yourself a guru, you must have also maturity."

If you put a little light in a lamp, it is just giving light to itself, nothing else. "You have to give light to others. You have powers. You can do it. You can really change people."

Whatever position you have, you should try to act with humility, through compassion.

"The maturity is this-that you should know you have these powers. You should know how to preserve these powers..."

"You may be anything. You may be a clerk. You may be a dishwasher. That makes no difference. But once you are a Sahaja Yogi, you are a Sahaja Yogi. Then you must show your dignity and not thrive on your weaknesses. You are much better than all these realized souls, who have achieved their Realization in thousands of years, because you

have so many powers. But their self-confidence and assumption is not with you."

Ego is finished.

"Even if you do some mistakes, doesn't matter... Because of no self-confidence, you become austere in Sahaja Yoga." If you are self-confident, then why should you be austere?

"It all goes together. First you must mature. With that, you must have self-confidence. And without fear, you should spread Sahaja Yoga.

"Some have fear about themselves and some have fear about others. Also it comes from your conditionings, from your upbringing"

"I want to tell you what you can achieve, to tell you how far you can go." With so many of you on this Earth, it is more than sufficient to transform at least ten globes, ten worlds...

"As much as you want to grow, this power can give you that much power. But the problem that lies with us is that we don't know ourselves and we don't want to know ourselves."

You should have "the state of guru". If you want, it can work out. The all-pervading divine power of love is absolutely working it out. More than you, the Divine wants this world to change, wants to transform the whole universe.

"Now, you are the instruments and if you try to cheat yourself, who can stop it?" Just to enjoy music or to enjoy the company or belonging to some club or to...seek the

security of your children and family ... will never satisfy. It will only satisfy you when you will become the lights to give it to others, to work for others...

"You have these powers by which you can introspect yourself, you can witness yourself and you can surrender because, mentally now, you are convinced about Sahaja Yoga.

Emotionally, you are convinced that Sahaja Yoga has given you such sense of love and compassion.

Physically, you are convinced that Sahaja Yoga has given you good health and confidence about your health."

Now spiritually, you should be convinced that you are really spiritual people, selected by the Divine, that your last lives have been of great seeking. That's why you are born now and you are getting all this blessing.

"So assume. Assumption of your personality is important." You must meditate and go into thoughtless Awareness and all the time keep your attention alert. That is very important... All these things come to you when you are alert and aware of this all-pervading power all the time, every moment...

So "Thoughtless Awareness" is the first beautiful state you have to achieve. That will give you peace and a witness state to enjoy the drama of life, to enjoy the different varieties of people, while you will be growing within yourself.

"For a Sahaja Yogi, it is important not to see the faults of others," but to see and

correct your own faults.

I'm very proud of you. I'm very happy that never such disciples existed for any guru. When I see that you people don't see what you have achieved and you don't want to work it out, then I think of the parable of Christ that some seeds fell on the rock...

You don't know why you got Realization, why you are here, what is your speciality, what you have to get. You don't know that. And that is what you have to know...

"After all, you're all seekers of truth for ages and now you have come. You have found the truth." So try to identify yourself with truth, that's all-and with reality. If you identify yourself with truth and with reality, your Sahasrara is absolutely open - no problem.

"Truth is in your Sahasrara". And when the truth comes in, you are surprised that truth is love and love is truth, pure love.

It's very, very joy-giving and all the niranandas you want to have, you can have, if you understand this simple equation that absolute truth is absolute love.

"I have no expectations. I must tell you I am over-satisfied. As far as I am concerned, I think I have done My job. But now this has to be taken over. You have to be responsible. You have to work it out...

There is, if you may call it, a defect. Sahaja Yoga is not a military thing. It's just plain, simple Mother's love. And, of course, every mother wants her child to be great, to

have all her powers.* She wants that, no doubt. How she does it, how she works it out is her own problem. But how you take it and how you use it is your own problem.

I always bow to you people who have got Realization because I think so many saints were never there on this Earth. But the saintliness has to be complete. Without that, you cannot help even your family, leave alone your

country and, no question of the whole world.

So what is needed now is to raise your awakening, to raise your spirituality to go into a realm of complete support and surrender to the movement of this spontaneous movement of Sahaja Yoga.

"May God bless you all.

"In short, you must worship yourself."



EXPERIENCE

STILL THE BEST TEACHER

To lead does not mean solving problems. It means giving problems to solve.

SHRI MATAJI NIRMALA DEVI

The quote above is one of many cited by Gregoire de Kalbermatten in his new book, *The Third Advent*, published this year. As we turn our attention to the Guru Principle, the simple wisdom of these works stands out like a beacon. One might add, deceptively simple, for at their heart lies one of the deepest underlying principles defining the relationship between a mother and her children, guru and disciple or, indeed, God and Man, that of compassion.

Often declaring that She is not a Guru, but a Mother, Shri Mataji refers to the traditional harsh disciplines enforced by gurus who might, for example, hang disciples upside down in a well. Yet we see, through Her motherhood, that She exemplifies the very best type of guru, a loving and benevolent teacher.

A good teacher will not need to mete out discipline if the pupil can be provided with experience that has discipline automatically built into it. For example, the best way to teach a language is to immerse the pupil in an environment where only that language is spoken. The need to communicate increases to the point where the learner simply must acquire the means and does.

In nature, the lion cub follows the mother each day, observing as she selects the unwary prey momentarily detached from the herd. If she is successful he is allowed to share in the kill. Then one day, she stands back.

The cub hesitates, then bounds forward, perhaps unaware that he is alone in the chase. But the quarry is too quick, disappearing into the thick of the herd. The cub turns to his mother, but she's not in sight. Perhaps he goes hungry, but he is left in no doubt as to what he must do in order to survive.

The best leaders are the ones who can awaken the finest qualities and activate the highest powers in those who look to them for guidance. We see in our Holy Mother, Leader of all Leaders and Guru of all Gurus, the most shining and perfect example of this. Rarely in any of Her talks does She seek to solve our problems outright, but instead She clarifies the problems for us that we have to solve and so makes us aware of just how well equipped we are, saying in effect, *Now you see the problems. Before you could not. Now at least you know what you have to do.*

However, Shri Mataji has solved one problem for us that we could not have done ourselves: the Raising Of The Kundalini. In so doing, She has taken our eyes, which were closed and in darkness and opened them to the light, so that She is able to say:

This is what you all are
Here are the roots of the tree
These are the powers that you have
Here is where the problem lies
Here is how to attack them at their roots
Here is how to grow into and maintain your

awareness every moment and
Here, in your heart, you will find Me.

Giving problems to solve can work on more than one level. It can mean identifying existing problems, then providing the means to solve them and saying, "Go to it." It can also mean creating problems artificially to use as growth exercises or to build confidence.

Yet Shri Mataji never desires us to suffer needlessly, nor as gurus must we ever allow ourselves, nor others, to suffer for the sake of it or out of guilt. The key element is benevolence, expressed through compassion. Compassion, as embodied by the Divine, must involve setting out problems when necessary. Shri Mataji has said that this is not Her conscious doing, but that it is the compassion itself which act through the Paramchaitanya. It blesses us by providing obstacles for us to overcome. Otherwise how would we grow? How would we ever know what powers we have?

At the same time, She is a Mother whose love is limitless and, in Her generosity, She has intervened countless times, more than most of us may ever know, to end our suffering or shield us from needless pain, so much of which She takes on Herself.

She has also on many occasions dispensed clear-cut and ready-made solutions to specific problems. But in Her compassion, She will limit that generosity where necessary, in order to ensure that what must be learned is learned.

Of course, leadership is not only about

teaching. It is about getting things done. No good leader, tries to solve every crises alone or do everything himself. Of a poor leader, it is often said, "He doesn't know how to delegate." But Shri Mataji, while working ceaselessly Herself, is undoubtedly the Delegator of all Delegators, entrusting the task of en mass Self Realization, with all its logistical challenges, to the "masse" itself... Sahaja Yogis of the world.

Sahaja Yogis are indeed a rare and special case. The fact is that we need not break our heads to solve problems because the kundalini gives us clear access to an infinite number of solutions built within us. The real challenge is in recognizing and heeding them, but doing so always brings reward. It happens on occasion that Shaja Yogis, including leaders, go to Shri Mataji with a question and might receive only an enigmatic response or may even fail to get an opportunity to ask the question at all. Yet somehow within a very short time they find the answer revealing itself, either from inside or through some event which occurs spontaneously.

In our own guru capacity, we often find new people who are naturally full of questions. Even if we know the answers, we might serve them best with the following suggestions, "Why not meditate a little more, then see if you still need to ask the question next week." Such experiences, and the answers that come with them, are never forgotten - this writer can vouch for that, first hand!

SAHAJA YOGA IN Morocco

(Ken Williams
American D.C.B.)

In honour of Her Holiness Shri Mataji's birthday, a group of European Sahaja Yogis travelled to Morocco to give Self Realization to the seekers of truth in the Islamic world.

On the night of March 21st we had a puja celebration together with Ali Atig, who is one of the first Sahaja Yogi of Morocco. In this puja we expressed our deep desire that by the grace of Shri Mataji, the Islamic world should have a breakthrough in recognizing Sahaja Yoga and the importance of Self Realization.

In Morocco we met very deep seekers, some of whom had met Shri Mataji in Tunisia, some in Cabella and some even in India, but had not followed it up after their initial contact.

Shri Mataji mentioned once that, "as long as the seekers have fear, it is not easy to help them in their spiritual growth."

On the other hand, we realized that most of the seekers in Morocco also have a very open heart and are quite sensitive in feeling the cool vibrations. It seems that the Ganesha tattwa is respected.

It was always very easy to give Self Realization to the Moroccans. Many naturally have a very strong attention. The way they spontaneously felt their kundalinis remind us of experiences in India. In many cases, the

seekers just felt deep thoughtless awareness and some of them, in the next step, felt the depth of the nirananda state - the joy of the Sahasrara.

Bachir from the Sahara, for example, mentioned, "What you tell me about Sahaja Yoga, I believe it is one hundred percent pure Islam."

Mohammed from Marrakech mentioned, after we had worked on him for only a few minutes, "I feel completely in the present time - unbelievable". Also, I have now a very good communication with this Lady, referring to the picture of "Shri Mataji".

Shri Mataji told us that Kind Sidi Mohammed Ben Abdullah, who lived at the same time as Queen Maria Theresa ruled in Austria, reigning Morocco from 1757 to 1790, was a born-realized soul. He established diplomatic relations with Austria. As well, very good cultural and economic ties existed between India and Morocco. Sidi Mohammed is also understood to have had a strong relationship with the United States, Morocco being the first country to recognize the new American nation. Simply put, Morocco was

brought into international recognition, especially due to the political and commercial relationship between the Arabic world and the western hemisphere.

Our music programs and Sahaj bhajans, which took place during three evenings in March, were an ideal atmosphere for the collective awakening. As a result, the process of Self Realization took place very spontaneously. We felt that the space we entered transcended beyond the room and through the walls. Far ahead, the divine vibrations spread their force.

Moroccan citizens are aware of the healing power of spiritual music. Every year you can find the festival *Music Spiritual* takes place in the city of Fes and all musicians from all cultures and all religions around the world join this event to surrender and worship God as the essence of this music. The depth and surrender and worship, which is expressed especially by the music of Sahaja Yogis, reaches the absolute height in touching the heart of the Divine and, in return, our souls, creating such a heavenly atmosphere.

Ali, who is from Marrakech,

translated the introduction of the programs into the Arabic language for the audience. The way the Moroccans appreciated and really enjoyed our music and the experience of their kundalini was very touching. All of them were singing with us and the programs continued until after midnight.

We feel that the feminine force of Sahaja Yoginis will be very important also in these Muslim countries. In fact, Sahaja Yoga has now taken a new turn in Morocco for the first time since 1995. The attention and desire of Ali is taking care of all the other cities and places and there is a strong force beside him in his wife, Kautar, a very innocent Sahaury or lady of the Sahara. In the Sahara, the position of women is very special. They rule all their society, even in politics. Men have the secondary role. This is unique and does not exist in other Islamic societies.

Her Holiness Shri Mataji mentioned very clearly to one of the seekers of Morocco, who came to India in 1998 for the Birthday Puja, that the Muslim people have to recognize that today we have just one religion and this religion we call as Vishwa Nirmala Dharma and this religion is universal.

(Franz Mekyna)

After his Self Realization and becoming a Sahaja Yogi, Ali Atig feels that, in the true sense, he is one of the richest people in Morocco. Many times he mentions how happy he is to have real brothers and sisters in the Sahaj family.

This is one of his most important achievements. Ali's desire is to spread Sahaja Yoga in all corners of Morocco and then to think about the other nations in north Africa. The small plant of Sahaja Yoga in Morocco, which has had to face many obstacles, was growing in a desert, but now it gets water by the rivers of love and recognition.

He writes :

For me, the beginning in Sahaja Yoga was easy.

It was my fate to meet my sister Selma and brother Laurens in Marrakech. They were my first yoga teachers. I love them and respect them so much. I trust them. I never thought they would bring me anything which would hurt me and my family. They taught me step by step.

From the first line I meditated, I felt something new. I felt more than relaxed. If I can say this, it was just like one drinks alcohol and feels good.

But after I had meditated twice a day, as Selma and Laurens advised. I continued discovering that it seems that here were many other interesting things to look for more than just resting and feeling good. It was our Mother, Her Holiness Shri Mataji.

When I felt in need of meditation, after putting the holy picture, incense and candles, and after sitting in a clean place comfortably, can you imagine that I really forgot completely the time and the real world? It was something unbelievable.

How can I describe this to new people? You, the yoginis and the yogis, you must know this. Now I have the responsibility to do something for Sahaja Yoga and to speak about the body and how to clean all the chakras.

This is the responsibility of each one of us, just as Shri Mataji said in one of Her speeches, "So where are you?"

Your brother, a yogi from Marrakech.

Ali Atig





“Sahaja Yoga is not to conquer others or to control others, but to conquer yourself...Have you completely transformed yourself, changed yourself and now, in your presence, do people feel secure?...”