

The Divine Cool Breeze



November-December, 2004





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SHRI KRISHNA PUJA 2004

(A Report)
(Internet Version)

Dear Yogis and Yoginis,

I am sending you all the great experience of the Krishna Puja 2004 in Los Angeles. We were in Woodland Hills, just about 40 minutes from L.A. It was a beautiful hotel, the Marriot. There were approximately 600-650 Yogis, mostly from USA and Canada but some from as far away as Switzerland, France and a few other countries. SHRI MATAJI did not come to the entertainment programs on Friday and Saturday nights. We had beautiful music from all over the States and Canada and all quite diverse. There was also a short comedy from Canada. Saturday morning a beautiful power point presentation from Columbia addressed the meaning of one of the names of OUR DIVINE MOTHER, "NIRMALA." The presentation was very powerful and it will be sold as CD at one of the coming pujas, either Ganesh or Diwali. The presentation was a wonderful 45 minutes of music and beautiful images of SHRI MATAJI as it explained the meaning of "Nirmala." NIR means "nought or not." **MOTHER states that SHE is "nothing," and so we should think of ourselves as nothing.** When we think of ourselves in this manner and also ask for nothing we become more and more our spirit. We should not put our attention on ourselves but on our spirit. MA is the Mother. It is that power that makes

us the Master. When we are our Masters we are in balance and harmony with ourselves. LAH SHAKTI, the power that does everything. It is the power of LOVE by which everything is accomplished. So 'NIRMALA' has so much meaning for us. Nought-Mastery - Love. Once we have achieved those three things, we will lead a life as a Sahaja Yogi and we evolve. SHRI MATAJI also stated that problems are presented our way because without problems we would not be able to grow and change. We must face our problems and overcome them so that we can rise above them and that is how we can grow deeper as human beings. There were many other things presented in this power point but this is what I remember as being the most important. Hopefully we will be able to buy the CD later on.

After that presentation, Dr. David Spiro, a medical doctor from England, spoke of the World Council that was formed recently by SHRI MATAJI. This council which is represented by 40 leaders from various countries, will have the responsibility of spreading SAHAJA YOGA all over the world. He also stated that SHRI MATAJI has donated the house in Cabella and the hangar where the pujas are held to VND. In this council there are yogis who will also be in charge of publishing, all legal matters and many

other important aspects of SY.

On Sunday we had the Raksha Bandhan ceremony where the sisters chose a Rakhi brother to establish the pure relationship between the brother and sister. In Sahaja Yoga this is the purest of all relationships, it is held during the Krishna Puja celebration because Shri Krishna had a great sister in Vishnumaya, who is the deity in the left Vishuddhi. He, of course, is the Deity of the center Vishuddhi and in the right Vishuddhi He becomes the King. Once the Rakhi is tied, (the thread that the sister ties on the left wrist of the chosen brother), they become brother and sister for the rest of their lives and one promises to help the other if they should need help or protection.

Later in the evening we prepared in joyous anticipation for the arrival of the HOLY MOTHER. It was a momentous occasion. The vibrations were one of the most powerful I have ever felt. When MOTHER arrived a red curtain was opened so that OUR MOTHER could have privacy as SHE was placed from the wheelchair to the throne, which was a beautifully decorated chain in blue and gold. SHRI MATAJI did not speak at this Puja. SHE did not need to speak. We all felt the LOVE and Power and most of all, the Protection, that was emanating from HER presence. A puja to Ganesha was first held as the children offered flowers at HER Lotus Feet. Then the Puja was held to SHRI KRISHNA. HER face was very powerful and as far as my

experience of this, I felt as SHE was removing all that was negative within us and all negativity in our surroundings. SHRI MATAJI clearly was working on us all and removing all that was negative within us and all the negativity on the outside of us. I felt as if THE HOLY MOTHER was revealing more and more of HER great powers and revealing all that was negative within us and all the negativity on the outside of us. I felt as if THE HOLY MOTHER was revealing more and more of HER great powers and revealing more and more some of HER DIVINE NATURE. This of course is felt in meditation and each of us experience this DIVINE NATURE of SHRI MATAJI in our own personal ways. But this time SHE was revealing to us collectively this DIVINE NATURE as we did the Puja to Her in the form of Shri Krishna. It was very powerful, intense, and certainly all the yogis could feel some many strong vibrations. I was in awe of this great, auspicious event!

After the Puja each country offered gifts to SHRI MATAJI. I was privileged enough to be near SHRI MATAJI as Vasu, the coordinator of New York/New Jersey tried to find the vases that were bought from the regional areas of USA. We could not find them and only just a few minutes before SHRI MATAJI was supposed to leave he was able to locate them. By then it was too late to offer the gifts so Vasu left them on the corner of the stage as I helped him in this endeavour. It was

then that SHRI MATAJI was leaving and I was fortunate enough to be so close so HER physically as SHE was wheeled down the ramp in the wheelchair by Manoj. It was at this point that I was privileged enough to bow to SHRI MATAJI. SHE looked at me, I felt as if THE GREATEST OF ALL MOTHERS was talking to me and stating. "This is a great illusion! I am not this body but I am EVERYTHING in this life! My nature is of Divine level. You can know all of this NOW if you desire!" The beautiful thing about this is that MOTHER does not have to say anything. But it is our Kundalini's connections to HER that allows us to understand instantly what the Divine would like for us mere human beings to understand!! As SHE looked at me, I felt vibrationally this Great Woman and Great Incarnation of the Mother Mary Herself

communicating to me through HER vibrations which were Divine! As SHE looked at me, SHE no longer was human but DIVINE! Then SHRI MATAJI left. We were all speechless and in awe at what had just occurred!

It was truly an experience of such great power! All the pujas are becoming more and more powerful and the Vibrations are becoming so incredibly strong. Who could have known that achieving our realization in this lifetime we would be able to reach this level of being so close to THE GODDESS and all HER LOVE. Who could have known that Sahaja Yoga and THE ADI SHAKTI would allow us to grow to such a high level and experience so many beautiful things! How lucky and fortunate we are to be Sahaja Yogis!

Love to all and Jai Shri Maaji,
Anna Mancini - New York

A LETTER OF SHRI MATAJI

(Translation of a Marathi Letter of Shri Mataji)

LONDON

11th July, 1980

To,

Sahaja Yogis,

Received your cable on the eve of Gura Purnima. The sentiments, which you have expressed in very beautiful words have gone to heart. On the occasion of Guru Purnima day celebrations in London, I explained what is self realisation and whether you have got it or not. I will send the tape recording of this speech with some one instead of sending it by post.

I suggested, in my earlier letters, to think of "Atma tattwa". Because you are "Atma Swaroop", your mind, intellect and ego, should be enlightened by the "atma-jyoti". The light of wisdom shines in the intellect only when Atma-jyoti illumines in its fullness. Then, mind emits fragrance of love and ego does great and noble works, the whole of your inner being is fully enlightened. You should be able to rely on the Atma tattwa, accommodate others in it, but first stabilize it.

Many of the Sahaja Yogis have cured a number of diseases. They have immense love for me and others. These people could do all this because they have become experts owing to their "Poorva-Sampada". However, there are many intellectuals among us who have not been able to go very far on the strength of their knowledge or wisdom. Sahaja Yoga is lacking in books. We will have to write books in each language. Also, Sahaja Yogis should go to different cities and give lectures. Many people send their poems to me. We should collect all these. Similarly my letters can also be printed. Such publicity is necessary. Let it be known all over the world that Sahaja Yoga is the only way to save the world in Kaliyuga. I am writing a book but it is not useful to all at present. All should think on what I have suggested. Every centre may also be accordingly advised.

Many blessings from Mother to all Sahaja Yogis.

Always remembering you
Your mother NIRMALA
(Maha Avtar 1980)

SHRI MAHALAKSHMI

KOLHAPUR 1st January, 1983

PUJA

नमस्ते गरुडारुढे कोलासुर भयंकरि। सर्वपाप हरे देवी, महालक्ष्मी नमो स्तुते।।

Namaste garudarude Kolhasur-bhayankari, sarvapaphare Devi MahaLakshmi namostute

-Padma Purana

(Salutations to Thee, who is mounted on the Garuda bird and is terror to Rakshsa Kolhasura.

Who is the remover of all sins, O' Devi Mahalakshmi, obeisance to Thee.)

Today again is a new year's day. Every new year comes, because we have to take to something that is new. It has been so arranged that the sun has to move for 365 days and again a new year has come. Actually the whole solar-system is moving in a spiral way. So, there is definitely a higher, higher state of this solar system. Every year it is rising higher in a spiral way. So it is not only that-it is because 365 days have passed-because it has moved a step forward higher than what it was. Now we can see that in awareness, human beings have definitely risen much higher than what they were, say, about 2000 years back. But, the first system that started the whole universe was the first model, you can say was created. And that model has to be perfect. And that was a perfect model which then started perfecting the rest of it. So that is the perfect model which is in the principle of this ascent. And that is working out this ascent. Now, the perfection of the rest of the universe takes place in various directions.

But today we have to consider the Mahalakshmi Principle. Now Mahalakshmi, as I told you, is a perfect principle. It's a perfect

principle, its perfect. It is born as perfect, will remain as perfect, will be always eternally perfect so that it is not necessary to be corrected. Now this Mahalakshmi thing I am discussing here because you may be able to go today to see the temple of Mahalakshmi. Now the temple of Mahalakshmi when you go there, you have to know that this deity has come out of the Mother Earth, in this particular place. That means this place has got a capacity to give you a force. You can say, an additional force or an intensive feeling of evolution. If you are sensitive enough you can see that, you can feel it and you can do it. If you are not so sensitive you are still so conditioned and still outside, that may not work out. I mean all kinds of things can be done, but if somebody wants to remain a stone you cannot do anything about it.

So this Mahalakshmi principle is working out in this place Kolhapur. Normally, this place should be very very warm because of its position. But even in summer this place keeps very cool because of the vibrations, from the temple that is emitted. The people in this place may not be so aware either. We cannot say if

they are aware. Because as negativity has to come forward, there are lots of sugar factories and lots of alcoholism going on here. But we have to take the best advantage of every place which is created specially for a particular purpose. So, it is a pilgrimage in a way that we are here. That we have to look after our Mahalakshmi Principle of our ascent. As you know, this ascent starts at the Nabhi and is surrounded by the Guru-principle.

Now the Guru Principle within us, if it is upset, if it is juxtapositioned, placed in juxtaposition where if it is not properly embedded within us to the nerves, if it is not emitting through our character and behaviour, Mahalakshmi tattwa cannot be established. Mahalakshmi tattwa is strengthened through Guru principle. Now we are lucky today because there was the birthday of Dutta, the Duttatreya just the other day when we had the Pooja, and today is this Mahalakshmi puja. So two things together we have got together. First was the Dutt puja and today is this puja of Mahalakshmi.

So, to have the Guru principle all right, we must make our Dharmas correct. Now these Dharmas, as I have told you many times, are ten, and we should look after these ten Dharmas in a very careful manner. These are expressed outside, but whatever is inside comes out. Now I find when you people talk, and you say things, I know that this person is negative, that person is definitely positive. There are so many ways of expression of

positivity. But how I know that, I cannot tell you because I just don't know how to tell you that. But I just know that such a person is definitely positive and such a person is negative.

The positivity lies in understanding why are we here? First of all, why are we on this earth? Why are we human beings? In understanding what are we doing about it? Why are we Sahaja Yogis? What a Sahaja Yogi has to do? What is his responsibility as a Sahaja Yogi? Then he moves forward to understand why Mother is so kind to me? Why have I got vibrations? Why am I among very few who have got this special blessing, the special knowledge of vibratory awareness? And then to ask yourself what am I doing about it? Am I still very much emedded in my cheapishness or in my childishness, in my stupidity, in my harshness, in my aggressiveness? We always see these things in other people, not in ourselves! So we are not Sahaja Yogis. We should understand at that point, when we start seeing these things in other people, then we are not Sahaja Yogis. We should see in ourselves and emit pure compassion to others. But always people see that, it is in another person this exists. Whatever I may try to say they always see in other person.

Now supposing there is a negative person amongst us. You need not be compassionate to that person. On the contrary better be away. Get rid of that person, as far as possible, don't have anything to do. It is a definite sign of great compassion to yourself, if not to others.

Better not have anything to do with the person who is negative, if you have to come up. He may be your brother, sister, anyone. But try to be away from a person who is not positive. It causes lots of problems. I have been telling you this and I have been requesting you, but conditioning is such that still though you have become a Guru, you don't understand that you have to be detached. For a Guru there is no brother, sister or any other relationship. Except for the relationship of the Mother, there is no other relationship. One of these principles that are to be understood, very important I feel, is for all of you "That our relationship is only to Mother and to Sahaja Yogis and not to any relationship which has come to us, whether through a Sahaja Yogi or whether through anything else". Now this I have been explaining because our Mahalakshmi tattwa is not all right. That is why we get sort of fritter away, lost into these things.

And the Mahalakshmi tattwa has to be like an ascending force, all put together. Like my father used to give an example, that supposing you have collected lots of wheat and you spread it on the ground, it will be all lost. It will be spread out like this side, that side, it will be all lost. But if you put it in a bag, it will rise in height, naturally. It will have those maryadas; मर्यादा It will rise and it will go higher and higher. In the same way this principle of Mahalakshmi can spread just across like that and can just destroy all that Mother has given us and all that we have had all these years, only by spreading it out. Now to collect it inside, is to pay attention to yourself. First

of all, try to clarify your ideas and your understanding 'in brain' is important. Because Mahalakshmi tattwa ultimately works in the brain, is the enlightenment of the brain. It is done by Mahalakshmi tattwa. It gives you the Sat, (सद्) the Truth, you see. **So in the brain you must clarify. Reach logically; Logically we must reach the conclusion 'I don't have to do these things, I have to do these things. I have to ascend. This is why I am here? What am I supposed to do?'** Now logically you convince your brain, first of all. It is very important now after realisation, because if logically your brain does not understand, it will always be cheapish, childish, indignified or could be harsh, horribly oppressive. It could be one of these.

So, in Guru tattwa, there are ten elements. Five of them deal with the weight. "Weight". Guru is the Weight, Weight, Weight of a person. How much weight you have got? The gravity, as we call it. Person has a gravity. When he talks how much balance he has got. See in Indian Music, we call it वजन, (Vazan) means the weight. The weight of the person, means when he is dealing with himself or with others, how much weight he carried. In English also they use this-weight. How much weight he carries with others? Means, how much he can really impress others? If you impress too much then the person will say, 'Oh! it is too much'. That is a very big quality with western people, is, "Oh! that is too much!" "They have an idea, you see this is all

ego oriented. That is too much. If you tell them too much, Oh! that is too much. She is too much. I move slowly, slowly". 'It is too much for me'. It is very common. It is very common reaction. So how much weight you have? And the second one is the quality of magnetism. Two things-weight & magnetism. First is the quality of weight; that's how much dignified you are? How you talk? How your language is? How your behaviour is? You should be humane. But sometimes, even with me, I find, people talk in a very funny manner, just don't understand, how it is that always they say the wrong thing. I mean, whenever they have to say one sentence, they will say a wrong thing. It is absolutely with them. It is also Vishuddhi, which is also Nabhi, Comes from Nabhi because you must know that Vishuddhi Chakra is the ascent of the Nabhi Chakra. So what happens is that the person, whatever he is, is expressed through his language, through his behaviour, through his face, through his nose, his eyes, everything, through the Vishuddhi Chakra. So the ascent of the Nabhi is expressed, shown through the Vishuddhi Chakra. Now whatever you have in the Nabhi, is shown here. Supposing, now a person who has the Mahalakshmi tattwa properly developed, such a person will have a way of dealing with another person when he will have the weight, as well as the understanding, how far to go with the person? How far to carry on with that person? How far to talk to a person? How far to think about it? How much importance to be given? That is one point, is very important.

And the another point is how much magnetism you have? So you reverse back to yourself. The magnetism is a magic, is to magic of a person. A person is magnetic because he has certain magic. Now this magic comes from your own personality, from your own personality. So the basis of magnetism on the left hand side starts and that basis is Shri Ganesha. Shri Ganesha is the basis of that magnetism. So your innocence, innocence is the best way to have that magnetism. Magnetism you cannot explain in material way. It is not a material stuff. But it is something abstract, comes from your quality of Ganesha, Shri Ganesha. Such a person is magnetic. Magnetic means such a person attracts other person because of the weight of the person, because of the quality of the person. Such a person attracts, but does not attract for lust, greed and non-sensical things. But attracts another person because of the fragrance of love in the subjects. Now it is always confused, confused because it is such an abstract thing. So one must understand it in a very subtle way. What is the magnetism-that one should understand. You see, there are some gestures people use artificially which normally they have been using just to attract other people, the way they walk, the way they dress, the way they live. All these things are of no use. It is something so inner, that fragrance is so inner which must be developed. But in Sahaja Yoga I have seen, people just do not bother about it. Just do not bother. They think the way they have been living, the way they have been doing this-say if they are English, they are English, if

they are French they are French, if they are Indians they are Indians, if they are from Kolhapur they will be from Kolhapur. These ideas first must be curbed off. Because the fragrance spreads everywhere whether you are English or any one. So the fragrance of a person develops through, first of all, the Ganesha Principle within. Ganesha Principle is to be first of all seen to. Now a Ganesha person is not a person who is absolutely a remorse type or a person who is such a gone case that even if you beat him up and make him into a complete mised thing, he will bear it. It's not like that, it's not that. On the contrary, the quality of magnetism is such that it attracts you to a point where 'you' are not disturbed. Now this is a very important point we should know. You see, if you have other loves, love like carnal love and all other love you have, then that love may attract the person, then that person can destroy you and it destroys you, always. But this attraction does not destroy, does not destroy. The attraction is upto that point that you are not destroyed, because you being much higher, much deeper and much weightier, you cannot be destroyed by a thing that whom you are attracting. Always the greater magnet attracts the smaller magnet. And that is what one should understand. This magic and this charisma, charismatic temperament of a person, comes by, first of all, the Ganesh tattwa, innocence. And secondly by complete dedication and devotion. Those who are 'completely' dedicated and devoted to Mother. Not to 'anything' else. Ganesh tattwa again. Not to

your wife, not to your husband, not to your sister, not to your country, not to anyone but to Mother. 'Complete dedication' gives you that charisma, or that attraction. In Sahaja Yoga such a person becomes really attractive and such a person has it.

Now some people think that if you are a very passive person and if anybody says anything to you and you don't mind, sort of a person, you are charismatic. It is not. People like you because they can dominate you. They like you because they can dominate you. Not if you think that by your aggressiveness and by your shouting and by your screaming at these people, you will achieve that charismatic temperament, you cannot. You cannot achieve that height. So how do you achieve it? By becoming more innocent.

Now how innocence develops in a person is by not thinking about it. Like you see somebody asked me, 'how do you manage your Income Tax?' I said, 'By having no income at all'. Then they asked me, 'How do you solve your car problem?' By not having any car at all of mine. They said, 'What about your house problem?' By having no house of my own. "Nihi, Nihi." Everything Nihi for me. Then how do you Sir solve your this problem. By not having it, just have no, not have it, Don't take up headaches upon yourself. See when you take up headaches upon yourself, then only the innocence is reduced. That headaches like this, that this is my shawl, this is my sari, this is my thing, this is this, this is this, this is this. **But only one thing is that**

'this is my Mother and I have to proclaim Her', that is all. If that is the way it is, then innocence starts rising like Shri Ganesha and by having no other headache.

This is 'mine', that is mine. This 'mine' business causes the problem, I think. Personally I think this must be the reason. That this 'mine' business. 'This is mine.' Because whatever is mine, somebody told me- this is very good argument she gave-Whatever is mine is not I, means that is not Sahaja. My body, my head, my everything-'my'. But 'I'? -she gave me this idea--'I'. What is 'I'? Then 'I' is separated, **Whatever is not mine is 'I'. So what remains is your Spirit.** Somebody gave me this argument. I said this is good argument to work it out. Then whatever remains is the 'I' and that 'I' is the one we have to see to. So you go on reducing all these mines, mines, mines- So the pure spirit of innocence will rise. So the idea about Spirit also people think that if you become spiritual, I mean, I don't know what people think about spiritual people. Why the idea about spiritual people is that they have to be sharp like a fox or you have to be intellectual like Freud or something. All sorts of ideas people have! No, it is not! **Spiritual person is just innocent, 'just' innocent.** There is no intelligence, nothing. Just innocence. The whole thing is innocence. So whatever he talks or says comes through innocence. It does not have intellect as such, which here people have it through reading and through understanding and by analysing. Nothing of the kind. It just has 'pure' and

'simple' innocence and it all works out very well, It is so clean. It just says what it knows and what it knows is the highest.

So this de-conditioning has to be brought within us. But you should not discuss it among yourself also. Once you start discussing then you also-it becomes sort of a theological argumentation. There is no theology about it. It is very simple. It is the simplest thing-'is to be innocent'. But the innocence is lost, why? Because our attention is in different way, we are attentive to other things. We are looking at other things. It is so simple, you know. Today I was thinking I have to buy three nine yard saris. A simple question as it is, because there were three ladies who wear nine yard saris and I had to give them three nine yard saris. That is all. I Just thought of it. All right. I came here, I saw very nice saris being put here. So I asked her, 'Where do you get these?' She said 'You get it here'. I said 'All right'. So you go and buy these three saris, no analysis, nothing of the kind. It just came into my mind that I have to buy three saris, finished. The answer is here. So even the atmosphere is so innocent, the whole situation is so innocent that the solution is presented, innocence to innocent. Innocence works out in everything, you see because every body has little bit of innocence in them, isn't it? So you can-it is like a fifth column you see. The innocence is a fifth column within you. So if any person is innocent, you see he will work on your fifth column and will make you all right. When you give bandhan (बन्धन) to others, what happens? You actually bind him by your

innocence and the poor fellow does not know. He has his innocence within him, you capture that innocence, that is all you have done, that's how you manage. It is very simple to work out thing. **Only principle, the tattwa, the whole thing rests on what - 'tattwa'-is nothing but innocence.**

So try to develop this by all these things नेति नेति (Neti, Neti)-saying not this, not this. Not this, not this 'to all your faults.' 'Not this, not this, not this, not this',-you reach there, 'Not mine, not mine, not mine, not mine'-you reach there. And that is how it is, and you see the whole material world is not attacking the innocence, because they are frightened. You cannot attack. Innocence cannot be destroyed. It cannot be destroyed. Innocence is something, is all pervading and it cannot be destroyed. So whatever people may try, it cannot be destroyed. But it can be covered, it can recede, but it cannot be destroyed, it will act it's own way. So try to develop that innocence which is the basis of Mahalakshmi tattwa, we should say, 'or that is essence of Mahalakshmi tattwa'. So the outward things, the weightage, the weight, the dignity, the behaviour, everything. It is outward thing and the inside thing. The tattwa, the principle, on which it is based, is innocence.

Now if it is this, if we understand Mahalakshmi tattwa within us, how it has to work out? It is not intellectual. Again I would say that, **I don't want you to project your intellect into it, and to find out. But just remain where you are and you will find the answers just**

coming to you, automatically. Just don't project your minds into it. Just you will get answers to every question just like that. Because innocence in anyone is the simple answer where all the complications drop out innocently.

And that is what is the love of God, is the love of God. So don't confuse this with love, with all your non-sensical love, ideas you have about people and identification, misidentification. This is pure love within us, the purity, the innocence is love and which is life itself, we should say, is a part of that, the prized. But pranashakti is not Mahalakshmi, so Mahalakshmi is the 'essence' and 'essence' of everything. Because if creation has to take place, also, if desire of God is there and if there is no Mahalakshmi tattwa, then what is the use of having desire,-is finished. Supposing even if you have creation and you don't have Mahalashmi tattwa, how will you work it out? You cannot work it out, You have to have Mahalakshmi tattwa. Because they don't have any meaning.

So outwardly it is Mahalakshmi tattwa, but inside, inside is, we can say, there are three cores. The first core is Mahalakshmi tattwa outside to look at, you see the growth alright. But inside is the creation, that is all the elements being created and all that. But inside that is the desire and inside the desire is the half-one, you can say, is Ganesha. So this Ganesh tattwa definitely overpowers everything and permeates through everything. And this is, I would say, that don't think about it. Just allow

your innocence to grow, simple innocence and your dignity. That is very important, to have your dignity. Like some people think if they wear tall clothes and walk about on the street, and all will think that they are big sanyasis. It is wrong. Why? You are not being dignified and God has given you so much! Why should you try to show that you have not got anything? Just to show that you have not got anything? Just to show off that you have not got anything God has given. This is just a sort of thanks giving to God you have given me so much, you have to wear the best. Like in Puja if you see the ladies here wear all their noserings and all their ornaments and everything, in the temple, everything they wear. And in same way, men also wear their very clean dresses, very clean things, whatever they have. They wear simple clean dresses, whatever they have. But no showing off, it is just a thing by which you express, the God has given you this. 'O God! I. thank you'.

It is such a great day today to be the new year, on the new year day to be here on Mahalakshmi's place of Kolhapur. And this is also called Kolhapur because Kolhasura was killed here. Kolhasura was horrible fellow like a fox and he was born again. Now he is again dead. Thank God! He was here and now he is dead. Kolhasura died. You don't think about it, again your mind goes out. Don't think about it, I will tell you about it. I have deliberately avoided the name. He was born again and was pitched out. So this is the place where

Kolhasura was killed, where this was established. So Mahalakshmi incarnation came in and that is how this place has a special value, that we have come here for a pilgrimage and let us, in a humble way, think about it. Actually these things could not take place in the West. Because even if they had come out of the Mother Earth who would have recognised them? Who would have known about them? Who should have respected them? Who would have worshipped them? That is why it did not happen in the West too much. But it is there, little bit is there, no doubt. But here now we have these, all these temples and the attack on the innocence has come from the tantrikas. And so the tantrikas rented out this temple and they tried to establish themselves. And gradually they are being neutralised and cleaned out. These tantrikas have gone into every temple of all the Goddesses, and they will be gradually all out, straight out. So this is the attack that came through and that how these brahmins came down and settled in these places-so called brahmins-and tried to preach about all tantrik method and things here in the temple and they 'really' spoil the atmosphere here.

So may God bless you all. I want you people to develop concentration of mind so that you rise above all other misidentifications and get identified with the 'Pure Spirit' through your Mahalakshmi principle.

May God bless you.
(From Nirmala Yoga)

TO UNDERSTAND

SAHAJA YOGA

YOU NEED A SHRADDHAVAN HEART

Birthday Celebrations,

Mumbai 21-3-1977

All the Sahaja Yogis who have come here, all the other people who have joined us here, who are celebrating this earthly Birthday of mine, I am very thankful, very grateful and I am filled with great joy and happiness and my vibrations are flowing from my eyes as tears to see that in this Kaliyuga also there are people who are grateful to a Mother who just gives the abstracting known as vibrations. Actually I do not give you. I cannot give or take, you will be surprised. It's just emitted through me. It is my Svabhava. It has to be that way, I can't help. It is a being that is being. You cannot make it something else. It acts on its own. It goes on working. **It is beyond me to control myself from loving all of you. I do not know how people learn to hate! I haven't got sufficient time even to love people! I find twenty four hours much less.** I do not know how people sit down and manipulate and think in a eyesfold manner, how to be hateful! Hatred has no power but a destruction of yourself and others.

On this state I would request you to think of love all the time. Love is all knowledge. Knowledge is all love. It's nothing beyond. If you have knowledge, it has to pass the test of

love. If you know a person, it makes no accord on you because you know him from outside, but if you love a person then you know the person out and out. You know him so well, you know him, everything the way he is. It is this knowledge that is what we call the Para knowledge. That is the knowledge we have to seek. All these books are only signalling towards that. They are the milestones which are telling us 'Go ahead, Go ahead'. They do not solve the problem of entering into the kingdom of God. I request you that you all should come to this stage of understanding the Divine within you, the love of God that is within you which is trying to overflow from you and enjoy the sense of emitting and giving. Giving has the greatest joy and pleasure. There is no pleasure in taking and when you receive it, you start giving. You have heard talking about all he has done work in Rahuri. In Rahuri, when I was going to Rahuri University the people in the nearby village knew that our car will be going that way. They are ordinary villagers, they have never read any yoga, they do not understand anything more about vibrations than these feelings that you get. It is subjective knowledge. It has no work. It is a

subjective experience which you feel on your fingers in your being, the bliss of God and as I was going, I just felt a jerk in the car because so many people were just lying on the road and some were standing on the road stopping the car and they started shouting my name. I was wonderstruck!

I said how did you know that I was in this car. They said, "Mataji you have given us vibrations. We knew this was the car which was bringing us vibrations. So now you have to get down here". I just got down and embraced all of them and our Sahaja Yogis who were waiting at the other hand, I said 'doesn't matter'. **This is what is Sahaja, that is loving people** and at that time I just thought of how once with Rama, how you felt those things with people, very simple people of very simple heart with shraddha, how they had those feelings of receiving your love and feeling it! Everyone needs love. You cannot exist without love. **Your whole being is based on love and I wish all of you in this country to understand that "unless and until there is love in your heart don't try to do anything outside, because if you do it you will be found out (exposed) in no time"**.

Every human being understands what is love. There are lots of things that are happening in you. There are cosmic changes that are taking place today within you, I know that it's happening. **The Shri chakra itself has descended on this earth and already**

the Satyayuga has started. This is the reason why you are seeking these vibrations on your fingers and none of these gurus and Rishis and all those people have mentioned these things because this is only possible when the Shri Chakra is brought up. It is here we have to feel it and understand. It is for all of you to accept it with an open heart. **I do not want anything from you. What can you give to me? I do not want anything but I want my children to be happy. I pray for their happiness. I live for them and all the time whether I am asleep or awakened or in the middle state when they call this 'Sabhrant', I am just with you. Every moment you are in my thought.** I wish all of you a very very happy new year today because it is Navroth and Navroth is the day when Navroh started his work on this earth, he was a great Sahaja Yogi. He was an incarnation of Dattatreya himself. Shastras have told you about Mohammad Saheb. I have to tell you that he was my father and he was the incarnation of Dattatreya himself. He was not an ordinary person. Though the people tortured his life, every moment that he lived, they tortured him and Hazrat Ali is a very very great incarnation. They are only one. Only once Brahmadeva has incarnated and he has incarnated as Hazrat Ali. So, these people are so great, you cannot criticize them. They are so great. Every word that they have spoken is a Mantra. Every thing they have told you about the Namaz, it is nothing but the Kundalini

Jagruti. Mohammad Saheb has done the greatest work in Sahaja Yoga and has done the greatest advancement as far as the Kundalini Jagruti is concerned. How can you criticize him? I can't bear to hear even a word against him. I know how much he has been tortured and the same people today are governing this country who are talking against him! When you cannot reach even at his feet why should you take such a big step? Understand what have you done in life? What have you got with yourself that you are criticizing these great personalities! Khwaza Nizamuddin Saheb was a great Aulia, there is no doubt about it, and a horrible king like Khilji tried to trouble him and he himself was murdered and his name has gone to the dying desk. Today Khwaza Nizamuddin Saheb, you go and see the vibrations there. You go and see at Chisti and see his Makbara, also at Ajmer Sharif, you will see the same. At Patna you go and see Patna Saheb where you have got our Mahaveer Saheb, also vibrations are there. All these people are speaking of the same truth I am telling you, but today you can make them out. You will know who they are.

Please try to humble down yourself. **First of all get this eternal truth within yourself. Let your being be that subjective instrument to understand what is God. Don't be driven away by a few readings here and a few readings there. Don't be driven away by these small hearted ideas**

and the egoistic Tomfoolery that is going on is to make fun of everyone. Oh man! please awaken yourself to this great occasion of understanding This dynamic force is trying to bubble out of you. We have to change this world and transform it into a beautiful creation because the creator will not allow his creation to be destroyed. If you do not accept the truth you will be destroyed. So please, please, again as a Mother I ask you to accept the Divine Truth, the Divine Love and to be one. I wish all of you, all the Sahaja Yogis and all the people who are seeking the greatest of greatest, the highest of highest achievements in the awareness of God and His love. That is what it is, otherwise the rest of it is all useless. Those who have sought other kind of Satvik or Tamsik things in life have gone to waste. They have gone to hell and they are completely destroyed. You do not want to do that. You are simple people, ordinary people and that's why you are the best people because you do not suffer from any extremes. You have a very simple heart, you are leading a very religious life and a sanctified married life. This place is for the people who are in the middle path of Lord Buddha. Sahaja Yoga is the integration of all the truths of life and I can prove it to you on the Kundalini that what I say is the fact, is the fact. Unless and until you take the name of Hazrat Ali Saheb, your Swadhishtana Chakra cannot be cured and all the Sahaja Yogis know about it. And in the Sahaja Yogi

Puja we have to take the name of Mohammad Saheb again and again and that of Hazrat Ali and also we have to take the name of Jesus, The Lord who is the ashraya of this world described by Shri Krishna in the Bhagwat Gita, He was the Mahavishnu. You can read it for yourself and you will be suprised that all that the described for Mahavishnu are absolutely the same as Jesus Christ was. So I request you not to be small minded, you have not known the truth so far. So, try to understand it, to be subjective, to feel it, to understand it. All the books are saying the same things as I am saying, only thing that I can do it. I am not doing it. It is just happening. I have come on this earth just for this ignition. This is the last point of ignition. This has to happen and this will happen. Let us see in this country, in this beautiful yogabhumi how many people accept it. May God Bless You All, Again and Again I bless you. I am going to London on the twenty fifth and hope all of you who have got realisation in last two days will again come to our programme in Bharati Vidhya Bhavan, on tuesday we have a centre. We have also a very nice centre in Arya Samaj Rd. I hope all of you will take deeper interest into Sahaja Yoga, learn all the methods and master the Kundalini. There are so many among us who know about it and you can talk to them. Even

in the programmes you can listen to my lectures by which you will understand. **But it is not the understanding through your hearing but it is the understanding through your heart and through your feeling of vibrations, only you can get the Kundalini.** Yesterday I have very much requested you and again I am requesting you that to understand Sahaja Yoga you don't need too much of brains. What you need is a heart, is a shraddhavan heart, and if you have that it will work out. The time has come for many flowers to be fruits. The time is there. I thank you again and again for showing this great love to me. It's like when I feel the ocean of my love when it flows to the shore of all your hearts, the shore gives it back as a reaction. It's a parabolic movement, when my love passes through you and comes back to me as love I enjoy it. It's such a beautiful experience. I mean it is a different experience perhaps that cannot be coined or put into the bottles. Thank you very much again and again. I thank all the trustees and all of you again and again. May God Bless You with all its prosperity, with all its goodness, kindness and the eternal Param Chaitanya should descend on you all your values.

Faith, Devotion and Resignation

A Milk-maid used to supply milk to a Brahmin Priest living on the other side of a river. Owing to the irregularities of the boat service, she could not supply him milk punctually everyday. Once, being rebuked for her coming late, the poor woman said, "what can I do? I start early from my house, but have to wait for a long time at the river bank for the boatman and the passengers". The Priest said, "Woman! They cross the ocean of life by uttering the name of God, and cannot you cross this little river?"

The simple-hearted woman became very glad at heart on learning this easy means of crossing the river. From the next day the milk was supplied in the morning. One day the Priest said to woman, "How is that you are no longer late now-a-days?" She said, "I cross the river by uttering the name of Lord as you told me to do, and I do not stand now in need of a boatman." The Priest could not believe this and said, "Can you show me how you cross the river?" She took him with her and began to walk over the water. Looking behind, the woman saw the Priest in a sad plight and said, "How is it, Sir, that you are uttering the name of God with your mouth but at the same time with your hands you are trying to keep your cloth untouched by water? You do not fully rely on him".

Entire resignation and absolute faith in God are at the root of all miraculous deeds.

A Legend
(Maha Avtar 1950)

REALISATION

I did not know Sahajyoga upto January, 1980. But I always harboured in my heart an ambition to achieve something in 'Yoga' invented by our ancient people. And due to this, I had an attraction towards, 'Yoga' from childhood.

Because of this everpresent attraction, I attended the lecture of Mataji Shri Nirmala Deviji. And in that programme of Kundalini awakening, I got a rare thread of happiness and peace. With the help of this thread I want to make my life, full of real peace and happiness.

I realise that God is present in our body also. As, through eyes-we get the sensation of vision, through nose-the sensation of smell, through ears the sensation of hearing, Kundalini is our means of realising presence of God in the world.

By means of cold, clean, holy vibration given by 'Mataji' we feel calm and happy.

We can confirm the holiness of Mataji by vibrations given by her photo also. Therefore we can imagine how much great is our 'Mataji'.

JAI MATAJI

Ravee Bhavsar
Nehru Nagar, Dhulia
(Maha Avtar 1980)

Daily Observances for Sahaja Yogis

All Sahaja Yogis should sit in meditation as a part of their daily routine. In the morning, meditate in the bed itself, after you are awake, for about 10 minutes. Before leaving the bed, bow in reverence to mother earth thrice. Get into the 'Bandhana', and go first to the place of worship (where H.H. Mataji's photograph is placed). Bow in great devotion before the photograph, offer prayers and then do other work.

Perform Pooja only after bath. The seat (आसन) used for the pooja should be kept clean. Material for the pooja should be of high quality and separately preserved. Even the broom for cleaning the place of worship should be separate. Water should be fresh from the tap and should be collected just before commencing the Pooja. If copper vessels are available, they may be preferred to other vessels. Cloth, preferably red, for cleaning the photograph should be washed and cleaned properly and it should not be used elsewhere.

While performing the pooja, first clean the photograph with water. Wipe it dry with cloth. Apply vermilion, offer flowers, 'Bel' leaves (बेल का पत्ता) etc., recite 'Mantra' thrice and bow before the photograph (प्रणाम करो). After the pooja sit in meditation for sometime and get into the Bandhana. Pooja should be performed only after bath and the place of pooja should be kept clean.

In the evening perform 'Aarti' and sit in the meditation. Getting into the Bandhana and going through water treatment are essential before going to bed.

Always mention H.H. Mataji with great regards and speak Her praise. Proper decorum must be observed when She is present physically. We must be very humble, receptive, and full of devotion. Speak only when She asks something. There should be no interference in Her speech. She is omnipotent, omnipresent and omniscient. We should accept everything She tells us and practise it. At the time of H.H. Mataji's pooja or when She arrives to a place, never offer flowers or vermilion on Her head; always Her lotus feet are to be worshipped. We should make it a point not to touch Her feet without Her permission.

All Sahaja Yogis should remember that pooja and meditation are of paramount importance to them in life. If one wants to deserve the blessings of cosmic Mother Jagadamba, total surrender, complete faith and a heart full of devotion are essential. Nothing can be achieved by asking questions, expressing doubts for thinking.

Rahul Bahan
Agra Road, Dhule (Maharashtra)
(Maha Avtra - 1980)

APHORISMS OF PATANJALI VS SAHAJA YOGA

Patanjali's aphorisms on Yoga, known as Patanjali Yoga. Sutras is one of the outstanding works on Yoga and has been acclaimed as an authority on Yoga since time immemorial. According to some scholars these were compiled to counter evil effects of Buddhism which was then degenerated and which also had the patronage of rulers. The aphorisms are divided into four parts or chapters known as Samadhi's Pad, Sadhana Pad, Vibhuti Pad, and Kaivalya Pad.

In the second aphorism of Samadhi Pad, Yoga has been defined as restraining the activities or thought waves of mind (Chittavritti nirodha). Mind is made of Satva Guna, Rajo Guna and Tamo Guna and activities of the mind correspond to domination of one or more of these Gunas. When mind becomes thoughtless due to restraining of vrittis, the self (atma) rests in his own state and at other times he is identified with vrittis. Vrittis are classified as under :-

1. Right Knowledge (Pramana)

This is further classified as

- (a) Knowledge from direct perception (Pratyaksha);

- (b) Knowledge by inference (Anumana);

- (c) Knowledge gained from teachings of great people whose minds are free from temptation, jealousy, hatred, illusion etc. and who are interested in the welfare of others. (Aptavakyam). This vrittis is 'Agam'

2. Mistaking one thing for another (Viparyaya).

3. Delusion (Vikalpa) Knowledge conveyed only in words without having anything corresponding in existence.

4. Sleep. It is that vrittis; in which absence of all vrittis is experienced. Tamo Guna completely dominates the mind and makes it and other sense organs inactive. This experience itself is a vritti and is called sleep (Nidra)

5. Memory. Any experience leaves behind its impressions in mind which remain dormant till similar circumstances reactivate them. These vrittis are memories.

The activities of the mind can be stopped by constant practice of prolonging the gap

between two vrittis and detachment. Stoppage of vrittis is followed by Samadhi. In order to reach this stage meditation on gross, subtle and subtler objects is suggested and ultimately fine objects are also meditated upon to make the mind thoughtless. However, in this state of mind individual consciousness exists. This is Sampradnyat Samadhi. The next stage of Asampradnyat Samadhi, is achieved by prolonging the state of mind in which the mind is free from all vrittis including those related to individual consciousness. 'I' consciousness is removed in Asampradnyat Samadhi, although certain impressions of previous Karmas and experiences exist. Progress to reach this state depends upon dedication and confidence that by constant practice realization of the self can be achieved through Asampradnyat Samadhi. One more way is devotion to God (Ishwar Pranidhan). According to Patanjali, manifesting word of God is Pranava and by repetition of this word and thinking on its meaning introspective power is increased and physical and mental obstructions are removed.

Asampradnyat Samadhi is of two types. Sabeeja, and Nirbeeja i.e., with or without attachment to wordly objects, which exists in very subtle form, (seeds). Subtle impressions called Samaskars if not destroyed get awakened at an opportune time and make one do good or bad deeds. Also realization of the self is not possible unless these are destroyed. These are removed in Nirbeeja (seedless) Asampradnyat Samadhi.

Samadhis explained in Samadhi Pad are

difficult to attain. Sadhana Pad explains how to proceed step by step. The first step is ; (a) meditation and internal and external purity and mortification (Tapas). (b) study (Swadhyay) (c) devotion to God (Ishwar Pranidhan). Next step would be constant practice of discrimination between real and unreal and firm conviction in mind about Purusha, the spirit being different from matter and mind not being affected by any vritti. Further step suggested is Yoga of eight stages (Ashtanga Yoga). It must be noted here that Patanjali does not even mention the Yogic Postures (Yogasans) which are mastered by the people after long arduous practice. He only says the posture for meditation should be firm and pleasant (Sthirasukhamasanam). He has not attached much importance to breath-control (Pranayam) also, and has devoted only five aphorisms to it. While discussing Ashtanga Yoga, he had again emphasised devotion to God.

Last three stages of Ashtanga Yoga viz., Dharana, Dhyana and Samadhi which are related to inner development have been discussed in Vibhuti Pad. These three are to be practised with reference to one object (Desh-some scholars call it Chakra). Dharna is holding the mind on to some object. Unbroken flow of knowledge from that object is Dhyana and when the form of the object is given up and only the unexpressed meaning is reflected, the state is Samadhi. When all the three are practised together, it is called Samyam. Even this practice does not lead to seedless (Nirbeeja) Asampradnyat Samadhi,

as subtle desires still exist. Rest of Vibhuti Pad explains how different powers (Siddhis) are gained by performing Samyan. However, they have little relevance in modern times. According to aphorisms they are to be discarded as obstructions in the progress. Samayam on discrimination between Chitta and Purusha (the spirit) has been suggested for realization of the self.

However, unless subtle desires are completely destroyed realization of the self is not possible. It is stated in Kaivalya Pad that only those desires will manifest themselves for which environment are most suitable. Other remain stored up till proper environments are available. Subtle desires are held together by cause and effect, in that they are the causes of good or bad deeds and the deeds in turn create further desires by leaving behind subtle impressions of the experiences. These are stored in mind. Response to external matters also creates further new desires. Desires obstruct discrimination between real and unreal, i.e. between the spirit (real) and mind (unreal) whereas such discrimination is the only way of attaining Kaivalya after the attainment of Asampradnyat Samadhi.

Sadhana Pad and part of Vibhuti Pad suggest practical methods. Nevertheless, by themselves the aphorisms are of little help without proper guidance from a right master, dedication and devotion. It is difficult to attain thoughtless stage by following various methods suggested in Sadhana Pad. Chitta Vrittis arise due to mind going into supraconscious, and

subconscious states. Unless oscillations of mind from one state to another are stopped, performing Yoga Asanas and Pranayam, for any length of time will not lead to thoughtlessness. Perhaps they must have been very useful in ancient times in the circumstances then prevailing. In modern times only Yoga Asana and Pranayam are given maximum importance and preparatory stages like external and internal purity, devotion to God, study of scriptures are completely ignored.

Patanjali's Yoga has goodness of its own but from his methods it may be easily concluded that it is not only difficult to practice, to achieve the goal of Nirvana in this modern time, but also it is not at all possible for the ordinary person with family life toiling for even the existence of his own and hence comes the importance of Sahaja Yoga with its simple devices but with complete surrender to achieve the fulfilment of life and to arouse the virtues already existing in us by the kind grace of our Divine Mother H.H. Mataji Shri Nirmala Devi.

Sahaja Yogis, begin with thoughtless awareness kindly granted to them by H.H. Mataji in no time, by awakening and raising their Kundalini to Sahasrar, when they also receive Divine Vibrations. The thoughtless, blissful awareness, which the Divine Mother grants to Sahaja Yogis, in short time, would more or less correspond to, depending upon individual physical, mental conditions, a stage of Asampradnyat Samadhi with attachment to worldly matters.



Outside the meditation stage mind is free to go its own way. Involvement in routine life causes the mind to oscillate between sub-conscious and supra-conscious, which would be avoided by keeping attention in central channel (Sushumna). By a little practice mind develops habit of coming back to the centre after doing its work. Attention could subsequently be raised to heart and then sahastrar. It may thus be possible to stabilize in thoughtless awareness state when Kundalini rests in sahastrar. External badhas are automatically cleared. H.H. Mataji has stressed the importance of stabilising in thoughtless awareness state as attaining the next stage i.e. Nirvikalpa, is possible only after stabilising in this state.

H.H. Mataji is sakshat Adi Shakti. Her powers are all pervading. She is omniscient.

(Tatra Niratishayam Sarvadnya Beejam). Vibrations are Pranava flowing from her (Tasya Vachaka Pranava) which remove obstructions of ailments and other defects from physical and mental beings. Vibratory awareness helps guarding against possible impediments in the progress. She is so kind that She grants realisation and thoughtless awareness to all. **Devotion to Her is Ishwar Pranidhan which destroys seeds of previous deeds and makes salvation a distinct possibility.** Devotion is total surrender and attachment from the very spirit. She is supreme and knows present, past and future of every one.

मत्समः पातकी नास्ति पापघ्नी त्वत्समा न हि।
एवं ज्ञात्वा महादेवी यथायोग्यं तथा कुरु॥

(Maha Avtar-1980)

Love and Marriage

Before Sahaja Yoga, everything has an element of danger in it because we do not know what is really happening in any situation or how we really feel. Love and marriage is a dicey game with very unpredictable outcomes. With the advent of our Mother's grace into our lives with the gift of our own Self-realisation it is possible for all life's previous uncertainties to be washed away and the confusions replaced by the clear view of absolute values. But another danger can arise once we have come to Sahaja Yoga if we do not realise that Self-realization does not mean instant perfection (for majority of seekers). Our judgements do not become infallible overnight, they have to grow in wisdom; just as in any newborn child we have to imbibe knowledge with understanding, it cannot be blindly memorised.

My own experience in five years of Sahaja Yoga has been a series of revelations beginning with the indescribable feeling that the first meeting with our Mother awakens within us. The realisation that there is truth and beauty, and above all, Divinity more beautiful and real than even our wildest dreams beheld. From this point my life was really changed-every part of it was transformed by this first realisation. However, this did not mean that I became a saintly and wise persons from that moment, no, in some ways these have been

five of the hardest years in this life. This was due not to the difficulty of any of the things that Sahaja Yoga involves but to my own ignorance, stubbornness, insensitivity and laziness-fine qualities for a saint! I actually hindered my own progress.

In the West the problems are different from those facing Eastern seekers, but in many things we all share the same difficulties but perhaps disguised in slightly different ways. One of these is the question of love and marriage, it is a rich ground for negativity to attack-after all the family forms the base for our lives. For myself the problems lay in the forming of my own very unrealistic ideas as to how marriage would come to me and what it would entail. The Ego and Supergo battled with each other producing visions of either a cold, reliable partner or a romantic besotted one. The outcome of such extremes was the same, a strong desire to avoid marriage and just dedicate myself to Mother and forget such human desires. My most recent revelations in Sahaja Yoga have come with my marriage in the presence of our most Compassionate and Understanding Mother when I felt the joy of surrender and trust in Her protection and I wept with that joy as I realised that being a loving wife to my new husband was all part of the play.

Just as our Self-realisation is the beginning of a much greater realisation so marriage is the beginning of a much greater harmony, but both have to be nurtured and allowed to grow. Negativity has to be fought as never before, the attacks are even more subtle and they like nothing better than to play on such a special and important union. If every test and obstacle can be faced together nothing can harm you, this does not mean there is never a cross word-

on the contrary-but it is the overcoming of such disturbances with love that creates the bond.

For myself, our marriage has been blessed by a baby, our own Shri Ganesha. Words cannot describe the feelings that this coming event is giving us, it is a miracle. Our Mother has guided us from Hell to Heaven and we can only thank Her and surrender at Her Perfect Feet.

Om twameva sakshat Shri Gruhalakshmi, Shri Sita Rama Sakshat,

Shri Adi shakti Mataji, Shri Nirmala Devi Namoh Namah.

A SAHAJA YOGI

from London

(Maha Avtar-1980)



Shri Mataji and Shri Hanumana's

VISIT TO EUROPE

Like the Pushpaka Flying charriot of Shri Rama, the carriers of various airlines have taken Shri Mataji to the four corners of Europe. Switzerland being centrally located, we are watching Shri Mataji's travel as a huge 'vardan' given to our continent. Within one month our Divine Mother is visiting Portugal, Spain, France, Italy, Switzerland and Germany. She does it as the Satgurumata, awakening fifteen cities with well over twenty public programmes and a few pujas. The Devi Puja will be celebrated on 12th October in Zurich. This breathtaking rhythm gives some idea of the speed at which Sahaja Yoga has started manifesting in Europe. Thank God (Who was smiling all along at Her childrens' eagerness) the Sahaja Yogis who have been working out the details of this journey were clever enough to ardently pray for the help of Shri Hanumana. And as He moved in and supervised their work, each step of this International pilgrimage was highly successful with superb efficiency, humour, and love. The heavenly scene of the seekers meeting with the one who was sought took place everywhere. Tears of gratitude in their eyes! Those shining children were taking bath in the newly found self. And we, Sahaja Yogis, are so blessed to witness this festival of love and purity.

The golden feet of Shri Hanumana are so wonderful! For instance, a few days ago in Orleans, Gregoire arrives by car with Shri Mataji for the evening programme. But the hall was empty. No one reached at that time. He went back to the car and told it to Shri Mataji. She smiled and gave a little bandhan. Fifteen minutes later the hall was absolutely packed. Most of the people got their realization. The French Sahaja Yogis Marie, Annick, Jean-Yves and Christine, who had prepared everything, were beaming with joy. In the same way in Madrid, from where we got a phone call yesterday, Shri Mataji went with only two Swiss Sahaja Yogis. Undoubtedly, the programme there was a complete success! Now we are going to welcome Shri Mataji the day after tomorrow at Zurich airport. Monday, She will speak in Rome. Life goes on at the speed of Shri Hanumana's jump to Lanka! We have been translating texts on Sahaja Yoga in the German, French, Italian, Spanish and Portuguese languages and thus we are growing in the collective awareness.

Therefore our attention, full of respect and love, is very much on our elder brothers and sisters from India. We wish that Sahaja Yoga's backbone in Maharashtra can deepen in

intensity and send vibrations to all over the world. We wish that all the centres in India progress together with full coordination, synthesis and universality. And we wish that in the next time you will welcome more new brothers and sisters from abroad and you will

do it with the same love and warmth that you have always shown. We need feelings, the beats of the Indian heart. Your backing, in your meditation, helps us as messengers under the leadership of Shri Hanumana.

Yours,

Gregoire, Arneau, Antoinette,
Marie-Laure, Catherine,
Matthias, Brigitte
(Maha Avtar-1980)



An Experience

Eversince I can remember, I was always reading books, going to the Library and getting more and more books. Then I started travelling through Europe. I settled in London and became very fond of Pop Music, Girls, Alcohol, Drugs and the rest of it.

As this brought only disappointment, I read more books which professed to offer peace of mind, relaxation and good health. I ended up doing Karate, Hatha Yoga, different kinds of concentration, and meditation with no results.

I believed that there was somebody who knew and wanted to find the Guru who was always being advertised in Magazines which young people in London read about different courses and meditations. All these Gurus wanted money which put me off.

One day a friend of mine told me that there is a lady from India who is teaching Yoga and he showed me the Photograph of the Divine Mother. We went along to the House in North London. It was small room we entered; about twenty people were sitting on the floor before the Divine Mother. They had a chart of the channels within the body which looked familiar. There was a feeling of security and I felt very safe.

One of the people present came to me and asked if I felt a cool breeze in my hands. I did

feel something but then I thought the window was open. He asked me about my father who had died a week before. It surprised me how they knew. They told me to go and see H.H. Mataji. She asked me if I was doing Hata Yoga, I replied in the affirmative. She just touched my hand and said my health was not good but I would be alright. Then they told me to ask the question - If H.H. Mataji is the holy spirit, I did ask and was sacred inside, and the fear went. We all had nice Indian food and sweets and talked about Sahaja Yoga. I liked these people around me and they looked so familiar to me. I even asked one of them if we had met before. He answered with a smile : May be in the past life.

I came back home and all of a sudden just before going to bed something happened. I was completely thoughtless and felt very light. I went to lay on the bed and closed my eyes and found myself in complete silence. I tried to think but could not. I slept like a baby.

After that day I went nearly every week to H.H. Mataji's meetings. It was always pleasant to listen to what She was saying.

My friends realised that I was losing interest in parties, and night clubs etc but I was still going to these places. I started getting pain in my heart, stomach and head. I thought that

something was seriously wrong with me and I went to hospital to have a complete check-up and found that medically nothing wrong with me. Since I never trusted Doctors, I became very paranoid and started imagining all sorts of things.

Gradually at Sahaja Yoga meetings I discovered that the pains I was getting, were caused by obstructions in the Chakras and that the Kundalini was trying to clear them. Still I was half sceptical and half believing

One day I got invited to the Puja, the typical Indian style of worship. I performed it respectfully but did not understand the meaning. H.H. Mataji with Her hand on my Agya Chakra said that I must not doubt Her.

After puja Mataji asked me if I felt a cool breeze which I did and she said, "May God Bless You".

After that I came to live with other Sahaja Yogis in the Ashram and learned more about Sahaja Yoga. In the last two years I have had so many experiences which helped me to understand myself and others better than I could before.

There are no words to express what we all owe to our Holy Mother. Only in meditation when our hearts are clear we can realise that we are all part of Her big heart.

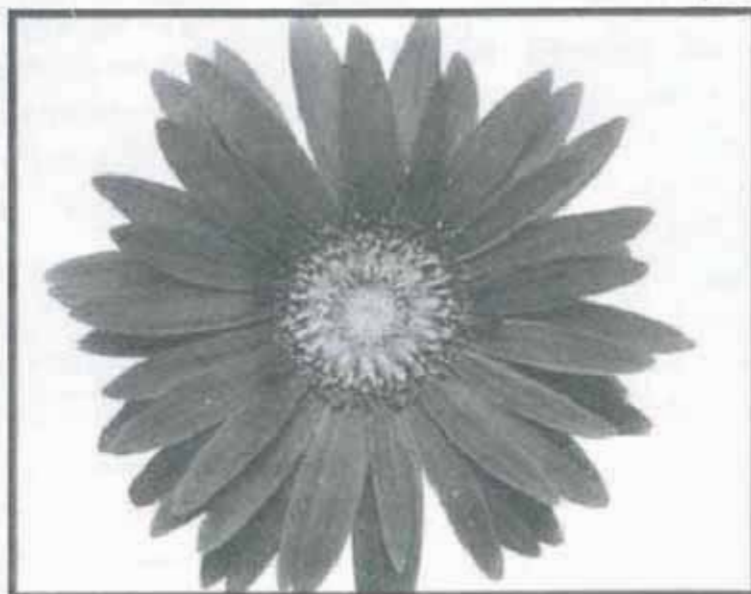
Salutations again and again to you Mahamaya, the Queen of Cosmos.

MIODRAG

From Yugoslavia

At Present in London

(Maha Avtar-1980)



Reality of Life

Umpteen religious and other theories of reaching God exist in the world today. Every individual has his notions about God Almighty. As such, one's belief and faith depend to a large extent upon one's personal opinion of the Lord. There are so many other things which give him newer ideas about God; namely books, people and the countless Gurus who circulate these days. In the end a person ends up having a cock-eyed idea of the Lord or he stops believing in God. Psychologists come up with statements like believe in God because of fear, conditioning and a whole string of other reasons. What they fail to see is that God is not anybody's opinion, nor is He a fictional character who exists because people believe in Him due to some reason but that He is the sole reality. Everything owes its existence to Him. A new idea which has now entered the heads of people and is rather frequently stated very dramatically is that - 'We do not believe in God, but in a supernatural power'. What they cannot understand and see is that there is no difference since this supernatural power is none other than the Power of God, the Divine Power which loves, thinks, knows, co-ordinates and in short does everything. How else is this entire universe running the way it is in such perfect co-ordination? There has to be some big organisation behind the whole thing. A Power which can think, organise, know and do everything is not within their

comprehension. This is so because they have discovered certain sources of energy which they have been able to use to their ends, thus controlling them. An energy which controls them is not acceptable. However more than anything else they just befool themselves. Don't they know that it is Life Energy by which they live, yet they have no idea where it comes from and where it goes. Too many foolish ideas exist, eg. 'Life is for living and that is it'. But what about knowing your own meaning? This is something which few people bother about. Everyone must know what the next person is doing, try to give some deep sounding logic to nonsense, try to find meaning in cheating, lying, idiotic behaviour, indelicacy but completely ignore oneself. From the World's point of view this state may sardonically be said to be 'selfless' for our is perpetually bothered about others. In other words there is total misidentification the whole time. To give character to vulgarity big words are given. Free sex is given names like love; drinking alcohol as fun; bad language as communication; artificiality as sophistication. No one seems to realise that in harming others, they are harming no one more than themselves.

If someone says drinking is bad, no one listens because slow poisoning is acceptable. Not only is the body affected but more so one's awareness which is very important in

knowing one's self. However, everything seems to matter except one's self which is all important and is the only way of knowing God. But, then again when one is used to dirt it is quite useless speaking to him of cleanliness. In the same way a person used to crying and depression fits cannot understand what joy and happiness are. Most of all, the man of today is used to thinking 24 hours a day and cannot understand a state of thoughtlessness but total awareness where, there is, truth, peace, calmness and joy. Truth and joy go together. For too long have people looked upto others, who know as being too Great for them to know, but now the time has come for them to know themselves realise, their Greatness, know the Truth and their own joy. How can all this happen? Well, the answer is simple- Sahaja Yoga.

This can happen now because our Divine Mother Mataji Shri Nirmala Devi is here to make it happen and she has said that it will happen. According to Mataji - it is blossom time and thousands of seekers will get their realization. A general-reaction to this statement is; what is so special about this time? Well, the answer is that there have been periods in time when important happenings have taken

place and great Divine Incarnations have come on Earth. This could be one of those times. Therefore, instead of negating the possibility and building up a resistance why not come and see and find out yourself what it is all about. Then another question which follows is - Who is Mataji? To this the answer is as Mataji replies- "First find out your own meaning and know yourself, then you shall know Me."

It is not possible to say anything of someone so Great, infinite as Mataji. It is just sufficient to know that She is our Mother who loves us so fully and completely that we cannot actually fathom how much. We may falter question of doubt, but our Mother loves us eternally. Therefore, as good children, it is our duty also to be what our Mother expects of us. And what She expects of us is to be jewels, shining with purity, love, humility, joy and greatness in the knowledge of ourselves and Her glory. A child loves his mother, just because she is his mother and when your mother is the Divine Mother, why fear anything! Just be happy, joyful and loving in Her overflowing protective love.

**Om twamev Sakshat, Shri Adi Shakti
Mataji, Shri Nirmala Devi Namoh Namah.**

Maneesh
(Maha Avtar-1980)

The Victory of the Soul

Let us sing, let us sing ever the glory of the mother;
Let us dance, let us dance ever with the bliss of the Divine.

The glory of the soul is ages old,
With the setting of mankind in the soil of mother Earth,
And the coming of incarnations ever revealed the path,

All often for the victory of the soul

Let us sing, let us sing ever the glory of the Mother;
Let us dance, Let us dance ever with the bliss of the Divine.

The Universe is a poetry of the Divine in nature,
In a nutshell representation of a human with virtues;
Marvelous enough to know marvelous combination,

All often for the victory of the soul.

Let us sing, let us sing ever the glory of Mother;
Let us dance, let us dance ever with the bliss of the Divine.

The chapter in the poetry, telling ever the reality,
Are the coming of incarnations to guide the humanity;

When fallen in sick and sullen in goal,

All often for the victory of the soul.

Let us sing, let us sing ever the glory of Mother;
Let us dance, let us dance ever with the bliss of the Divine.

The concluding chapter to conclude near is Sahaja Yoga,

Surprise thee not! certain to happen in this Yuga;

With the advent of the Mother we attain the goal,

All often for the victory of the soul.

Let us sing, let us sing ever the glory of Mother;
Let us dance, let us dance ever with the bliss of the Divine.

Fear thee not, the Mother is here,
Worry thee not, the Divine is here;
Perfect in our pursuit, sincere in our devotion,
All often for the victory of the soul.
Let us sing, let us sing ever the glory of Mother;
Let us dance, let us dance ever with the bliss of the Divine.
Sinking of a ship with sailors of offenders
Yet to come a long long distance;
Look thee not, look thee not; for us the Divine,
All often for the victory of the soul.
Let us sing, let us sing ever the glory of Mother;
Let us dance, let us dance ever with the bliss of the Divine.

Forget thee not the purpose of life,
With the pursuit of truth in the kingdom of God;
Foretold by the sages of the ages and saints of the legends,
All often for the victory of the soul.
Let us sing, let us sing ever the glory of Mother;
Let us dance, let us dance ever with the bliss of the Divine.

The victory of the soul is with thy hands,
The nectar of the Divine is wetted in the vein;
With the advent of the Mother we achieve the goal,
All often for the victory of the soul.
Let us sing, let us sing ever the glory of Mother;
Let us dance, let us dance ever with the bliss of the Divine.

S. Ganesan
Delhi University
(Maha Avtar-1980)

The Moving Finger

*The moving finger writes,
and having writ it moves on,
nor all they piety nor wit
can scratch a single word down.*

A young girl of sixteen fascinated by these lines so much that she lived on them for twenty-six years. If there was a "Moving Finger" who could control your lives, then what was the need for temples, churches and worship? A question which haunted her for many years to come.

Then one day she heard a saying "Arise, Awake and Stop not till the goal is reached". It appealed all right and so she got up at 4 a.m. (called herself a Karmyogi) and kept on working, but still the problem of life and its meaning were not being solved. Everything appeared existing but what was her role in life? This was a question, probably an eternal one!

May be we were not the lucky ones, like those born when Shri Ram and Sita, Radha and Krishna, Lord Jesus and Mother Mary came down on Earth to Bless them. Some times I thought that may be we could still get a Darshan of Mahavishnu or have a vision of Sakshat Shakti Herself. I kept on thinking and lo! we were Blessed.

In 1980, Her Holiness Mataji Nirmala Devi was in Delhi. She was here to awaken the Kundalini.

This young girl now a mother of grown up children went to meet Her Holiness as She happened to be her Mamiji (aunt) by

relationship, but when she bowed to touch Her Lotus Feet, she realised that more than a Mami, a "Mother" was needed. The change was all in a few micro-seconds. She asked Her Holiness to bless her daughter Ratna who was accompanying her. Ratna, a student of Miranda House felt completely relaxed in H.H. Mataji's presence (for which she herself was surprised).

H.H. Mataji : How are you bete?

Ratna : I am alright Mataji, but I would like to know about the Third Eye which Lobsang Rampa wrote about.

H.H. Mataji : Bete can anyone operate in between the eyebrows and open the third eye? In what case all the surgeons would be much sought for (Laughter all around as no one can stop laughing in Her presence).

Ratan : Mataji is it possible that the Divine power be converted into evil as shown in the latest movies "the omen, exorcist etc".

H.H. Mataji : The Divine Power always remains Divine, there is no doubt in it. It is a Power

which can never finish. If you forget your path, I may give you a little jolt, that's all. My love for all of you is always there.

Ratna : In the spiritual path, is it necessary to wear good clothes?

H.H. Mataji : Once the Kundalini is awakened, She passes through six chakras touching the Sahastrar which is the final destination. All these chakras have Deities to guard them. Once the Mahalakshmi chakra (Manipur) is aroused, you have to respect Her by putting on your best and being scrupulously clean. Mahasaraswati demands precision and neatness and so on.

The Goal was reached. H.H. Mataji with Her glances and touches had given Ratna self-realization (awakened her Kundalini)

The Moving-finger moved on and the blessed everyone in the room, and now we understood that all that had been written for us could be scratched down with all H.H. Matjai's blessings.

With Ratna and her whole family meditating and taking salt-water treatment in night, life seems to have developed a new meaning.

No hurry, no worry, no taxis, no cars to

rush you upto any place of pilgrimages. She was the lucky one to have made it! Yes! Mataji's looks and glances are enough. Even Her photograph vibrates. It is absolutely true. Our beloved and revered Mataji absorbs all our sorrows, and this keeps us always smiling. Smiling, as we always are, others want to know the secret.

Then, as there are no secrets in "Sahaja Yoga" we told them say Jai Mataji.

Mrs. Verma
B-18, Press Enclave, New Delhi
5th September 1980

JAI SHRI MATAJI

While doing all the things in our life, a time comes when we feel that we are unsatisfied. At that time, if we try to think further we do not get a peace of mind as our mental condition is disturbed. We can be satisfied only by real source of happiness. And that source of happiness or strength or power can be gained from 'Sahaja Yoga' built by Mataji.

And such type of happiness which is totally distinct from others cannot be obtained by any other means. While getting this joy, I feel the presence of super-natural power. And with the help of that super natural power of Mataji's vibration I am confident to improve rapidly and trying to get more and more strength by means of Mataji's vibrations for us and other Sahaja Yogis.

Sanjeev Jivan Nandode
Dhulia
(Maha Avtar-1980)

A LETTER OF SHRI MATAJI

(Translation of a Marathi Letter of H.H. Mataji)

LONDON

Friday, Aug. 22, 1980

My dear Sahaja Yogi Petkar
and other Sahaja Yogis,

There was no occasion to write to you for very long time. These days I write only when some work comes up in Bombay, as the work is in full swing in England. However, people here are addicted and everywhere laziness and negativity have their full sway. England is the heart of Universe but it is so much neglected that it must be set in order without delay.

All of you are very fortunate to have been born in a holy place, especially Poona which is the place of Shri Ganesha. Try to understand that you have become entitled to God's such immense blessings only because of your several good deeds (Sukriti) in your previous births. I have given you only what was already yours and nothing of my own. Much more is due to you and you shall get it. My attention is attracted to impediments and pit falls. There is no problem about Poona and Rahuri people. Please do understand that, I feel relieved (in this atmosphere) to see you enjoying in the ocean of bliss, so keep it up. We, here, are not so fortunate as you are. Work is going on continuously. There are many difficulties, not for me, but for these foolish people. How can they be set right? There are many such problems. You should take interest and solve them because I do not wish anything and therefore the question of fulfilment of my wish does not arise. All of you should therefore keep a desire in your minds and pray for helping out your English brothers and sisters.

Your progress is keeping the Sahaja Yoga alive in my heart. Whenever I feel fed up, I read your letters to feel satisfied. Therefore, please keep writing. All should write letters regularly.

Ever yours,
Your mother NIRMALA
(Maha Avtar-1980)



SEEKING

London, 24-07-1979

Yesterday, I met a lady, and she told me that she was seeking God. I said what do you think of God? What are you seeking? When we say we are seeking, do we know what are we supposed to seek and do we understand how we are going to feel our seeking complete. That we have reached the destination? Last time I told you that seeking has to be genuine, from a genuine heart, and that you cannot purchase or you cannot put in effort about it. But today I would like to tell you what are we seeking. Let us see how the seeking comes within us, from where? As shown here, there is a centre called 'Nabhi Chakra', which is here in the centre.

Nabhi Chakra which is placed in our spinal cord and manifests the solar plexus, which is placed midway under your naval. This is the centre that creates the seeking within us. Seeking is only possible when something is living. For example, what is the seeking of this chair? It cannot think, it cannot move, you can put it here or you can put it on the street. You can smash it and throw it away, again use that wood for some others purpose or make a stool out of it. It has no seeking of any kind. Only when a thing becomes the living being like a amoeba you can take a unicellular act. It starts manifesting, seeking because it is supposed to seek, not the dead. So, those who say we are not seeking are as good as

dead. Those who say we are seeking are living and also seeking. The little bit if you understand that a desire is created within a little animal called as amoeba by giving him hunger. Just think of it. It has no brain, it has just a small nuclear, but it can feel it's hungry. It has to eat something to grow. It also knows it has to reproduce and then it starts seeking. It also knows how to take the food in but it does not know how it digests. That part is not his job. Even for us it's just the same. So, the seeking starts in a little amoeba and the whole evolution is based on that seeking, gradually improving and improving the ways and means of seeking while the desire is that of food only, alone.

There is also another desire or you can say an emotion in the smallest of Amoeba is the sense of preservation. It knows the dangers that can finish his existence. When this little amoeba becomes a human being in thousands and thousands of years then the seeking is changed. In the beginning it starts, of course the food seeking is still there. That's the basic. You must have food to begin with, of course the methods are improved, changed, evolved, for the seeking of food but there is also a great understanding of how to preserve yourself and your clan. The clubbing starts from a very early age, even ants understand that. So, they understand that we all have to club together, unite together, integrate together

if we have to protect ourselves and this seeking of wholesomeness also develops gradually in the human beings and the expressions of that is you can see all our efforts to preserve ourselves and to be clubbed together. These efforts are expressed in our political and in our economic enterprises.

Now, in the human beings a new seeking starts, is to have power over others. Animals do not seek power, they have. For example a tiger is much more powerful than say a poor rabbit. He is more powerful and a rabbit does not want to become a tiger. He does not try. Like every Dick, Tom and Harry would like to become a Prime-Minister but a rabbit would not try to be a tiger. He understands I am a rabbit and I must develop my means of defences and my means of offenses by which I exist. In the same way the tiger acts; he is aware of his powers and also he is aware of his limitations. And some of the animals also have a power of leadership in them. They become leaders, you must have seen the, say, birds that they have a leader. One leader going and whenever the that leader changes the direction, all of them change as we say are like the tail of that leader. In the same way, the same way that goes that bird goes, the leader goes all of them follow. So, this also is expressed in human being in a very big way that there are some born leaders who lead a group of people to some destination in which they fulfil the seeking of that group. Now, the seeking of the groups could be money. Mostly it is:

Now money animals don't understand, this is the creation of human beings only. So, for them money becomes very important because it is their own creation. We had barter systems but then we thought it is better to have some sort of a medium which will convert one good into another, so we start the money. So, the focus of man's attention, from food, goes to power and from power to money. Sometimes if somebody has lots of money then he wants to have power. It's but natural. There is nothing wrong in it.

Fundamentally it is a thing which is natural for human beings to run after money and then run after power or vice versa. But beyond that starts another seeking, it is the seeking of knowing why are we here? What are we doing here? What is the purpose of our life? Why God has created us? To what purpose, to what end or it is just a joke going around? Are we just foolishly being born, getting married, having children and dying like amoeba or have we any other purpose? Many human beings do not go beyond money or health. They want good health. I mean animals don't take any exercises as far as I know. But human being can go to any extent to preserve their health but for what? I mean you may be a wrestler for what? Just to fight each other? You might be the healthiest person living on this earth but for what? You are just a weight. What is your use? You may be the wealthiest man going in the best cars or whatever you may call it, all the so called luxuries of life and

material well being, but for what? When such a question comes into our mind the new kind of seeking starts which asks the question, "Why are you here?" "Are you here just to run in this rat race morning till evening earning money and earning power and doing all useless activities, pleasing others to show off your money or to extract some money from others? Is that the aim of your life?" Now, **this is the beginning of the fourth enquiry or the fourth dimension in your awareness.** This enquiry is also the flowering of the same rudimentary thing called as hunger; hunger for spirituality, hunger for God, hunger for higher things of life. This starts within us. That I call is the genuine happening. In this seeking, we get confused because by the time this seeking starts, you are already famished and finished. How? Because you are already conditioned by all kinds of nonsensical things going on. You may be calling yourself a British or an Indian or some sort of an Australian or I don't know all sorts of things that people call themselves. But in the eyes of God you are just a human being. I mean you don't have a tail to begin with and you don't have your head bent down like this. You have a head uprise, whether you are in Africa or in India or in England or America. It's just the same. As long as your head is up like that and you don't have a tail, of course some people must say, we have it, the way they behave, you are definitely a human being. And if a human being is evolved through various experiences of life and realises that none of these experiences

have really given him the fulfilment and the answer to this question, 'why are we here', then the turning point takes place in his life and he becomes a seeker, not before that. Those who go to Gurus and say Mother will you please give a job to my son, then you don't know what to say, you should say to such a person now my child you are not yet fit, you are not yet mature to come down here. Or if you go to someone to ask for say a diamond ring or anyone says that I give diamond ring in the name of God and you are quite satisfied with such an answer then you are no good as a seeker. No, useless for Sahaja Yoga specially, or somebody who says I will cure you and for curative you go to someone, alright a person may cure you but you are no good as a seeker. Why should one cure anyone who is not seeking God? I mean why should I repair this instrument if it is not going to carry my voice? Or else some of you, if you go to a guru and if he tells you a story like this that you have to pay me some money for this because if you don't pay me money you cannot be involved in this kind of thing, you better slap such a guru on his face and tell him that what do you think of me? It's complete indignity to your seeking. He wants to involve you through taking money from you. Can't you see that he is insulting you by saying that you are such a materialist that when you give me money then only you will be attached to seeking of God? Just think of it. All such arguments people give you and if you accept them and if you follow such gurus, you cannot

mature for seeking and you have to be genuine, you have to be wise to understand that you are seeking your fulfilment. You are not seeking money and diamond rings and this Tomfooleries that are going on and you are not there to witness them and this foolish magical tricks of people but you are going to witness the magic of God. Then in the seeking also you must know that if the God is the universal being, anybody who professes that we are the chosen ones and nobody else can be a chosen one or he was the only prophet or he was the only God, because we belong to some organisation, it is nothing but absurd fanaticism and ugliness. Do not deceive yourself. Please try to understand, self deception will never be forgiven by God. Amoeba, does he deceive himself, if he sees the food there, does he? Or a lion or even a frog? It has such a little brain! It understands what it is seeking. Will he deceive himself? But human beings deceive themselves morning till evening. We have to seek God, we have to seek our fulfilment, we have to relate to that wholesomeness that is God the primordial being, the whole of it. This is what we have to seek. You are created for that. If you study a little fetus in the womb of the mother, you will be amazed that the whole of the fetus is looked after by the naval cord from the mother and though all the portions of it are not yet fully developed as to get connected with the brain completely from the very beginning, till through one channel it is fed, looked after, managed. Then the child is removed from the mother

when the child is born and gradually all the sensations and coordinations of all these different sensory organs and organs of motion and organs of automatic functions are created gradually, very gradually as he starts growing. But once the connections are established a human being starts acting on his own, the whole body acts together, it knows when it is pinched here in the finger the whole body knows that you are pinched, the whole knows about what has happened. The whole connection is established. It's a living process, it is a growing process which works out. But with human beings there is a very big problem. The biggest problem I would say, that they are always identified with their imperfections, with wrong ideas and only in the human beings these things happen, that is why one has to be careful. Dog does very better than you do and it knows what to eat, what not to eat. You don't know! You don't know what is the real guru and a dirty guru and a horrible guru and a vicious man. You cannot make out. Somebody runs out of the jail, he wears a dress, comes to England and the guru great and thousands will be running after him. They don't know, and the more he has the better it is. But there is a way. God has already placed that within yourself. For your growth he has placed within you, only He is testing your genuineness. But if you are so obstinate as to stick on to some misidentified, nonsensical thing, you cannot work it out. Be free from all these things. Open out yourself. You all have to be aware of the whole. You all have to get Self Realisation.

Though by that God will feel his fulfilment of his creation no doubt and He has to do it, He will do it. But He will have to work very hard and still and still if you do not accept the truth then the truth will be expressed no doubt but then the untruth has to be destroyed and at that time those who are identified with the untruth will also be destroyed. Before that take it to you wisdom and know what we have to seek. We have to seek our wholesomeness which we have partially expressed in our political and our economical and social clubs. All this has to be integrated. All the great religions which have been propounded in the growth of human beings, which have substantially helped in the growth of human beings, which are the substratum of their living, has to be integrated in that happening. For example I meet supposing a Hindu, then he says Mother, how do you talk of Christ? We don't believe in Christ. Now, you are a very great person not to believe in Christ! Who are you not to believe in Christ? What do you think of yourself? What do you mean by saying that you don't believe in Christ? Do you know it is blasphemous to say such horrible things about any great incarnation on this earth? There are some who say we do not believe in Moses or in Gurunanaka or in Mohammad Saheb. Who are you? I don't believe! I don't believe you. What is your belief? On what it is based? Why do you say such things? What do you know about them? Only by going to churches or going to these mosques or going to these cinemas. They are

blind making you blind. What have you achieved but nothing, but stark fanaticism? It's a disease. It's sickness. Just come in the kingdom of God and you will see that they are seated there on the dais. They are all together and you like fools are fighting! Did they ever say that, for example when Christ came did he say that Moses was wrong? Did he say so? When Nanaka came did he say that Mohammad was wrong? Did any one of these great saints say so? Then who are you to denounce them? This is one of the greatest hurdles of so called seekers.

Then they are identified with their gurus. I ask them one question, if you are so much identified with your gurus, go ahead with them, why do you come to me? I come to you Mother because I am suffering from Asthma, since I went to that guru. Then ask him to cure you. Why do you come to me? If your guru had given you whatever you wanted, why should you come to me? If he is a real guru, I would see it written large on your face. I can make it out and I will worship that man who is a real guru. I will go all out to meet such a person and I will regard him as the greatest blessing for me also. But they are very few and all hidden in the Himalayas or some places from where they do not speak. Nobody listens to them. They are very few. One of them tried to go to America. Within five days he was back in India. He wrote to me saying Mother very difficult. Because you are identified with games, with playing games, you like people who play games with you. You do not like

people who tell you the truth. This is it, you have to have it. But you must know it is the concern. How can anybody who loves you can tell you something that is detrimental, injurious or absolutely dangerous for you? They will not tell you, those who are fake will never tell you about anyone. They will say O! everything is fine on the other side of the earth. If somebody genuine comes up they are not going to say a word about it. Take it from me.

So, in your seeking, first of all your misidentifications must drop out. You are so misidentified with so many things, like people would say why should we follow Christ? He was a Jew. I mean he has to be born in someplace, somewhere and if it happens, you have to belong to some religion somewhere. You have to be born in England or you have to be born in India or may be in Timbucktoo. I mean you have to be born in someplace. So, the rest of them, they know and those who live there also say, he is no good because he was just born like us here. They want somebody to drop from heaven. It is so funny. So for us those who are genuine seekers, must open their minds fully, and if you want to waste your time, go on. You go ahead with your gurus. Go on wondering their marvels, giving them money, giving them your women, giving them your property, giving them everything that you have, getting sick, mad, ending up with lunatic asylum. I will not say, come my child, come to me. But even then from the lunatic asylum also if you realise your mistake and come then God is the ocean of forgiveness.

But from the very beginning I have to warn you, all such people are wasting their time and my time. So please, all such people who are still very much misidentified, please do not trouble me with their arguments too much because always I find that they are supposed to be true seekers like the lady yesterday and she started telling me, have you read this book and have you read that book? I said I would but by reading them I do not find anything in you. You have read them! What have you achieved? Have you achieved anything? Nothing. Have you seen this guru and that guru and that guru and that guru. I said may be, but what about you? What have you got? She has Asthma, one eye is blown off. She cannot sit, she has got a rigid body because she says she has rheumatism. She is actually possessed, and there she is a seeker and then she asked me a question 'Mother, I am a seeker and why should God be so unkind to me?' You did not use your wisdom my child, even today take heed to wisdom and know that Thy God loves you with all his heart, with all his soul, whether you love him or not. He has placed this seeking within you. He has placed all this instrument within you. He has placed all the things so beautifully that spontaneous it works in no time. But people are such, they come for realisation and if I tell them alright you come and sit near me. No, I won't sit! You please take out your shoes. No, I won't take out my shoes! There are many like that, even if you tell them why don't you sit down with both the feet like this

because you will be relaxed, you see. There are many more reasons for what I say, why I say. But still, No, Why should I do? There are certain things which are very important for Self-Realisation. If you want to have it, you better do them. The whole attitude should be of understanding that here you have to take from me something. It's a gift for you and there should be no obstinacy about taking gift. I mean that we do in normal courses. If there is a gift for us then we do not become obstinate about it. Do we? Do the human beings become obstinate when there is a gift coming in? But only when it comes to God, they wouldn't even take out their shoes! It's such a great thing you are asking for, which is the flowering of your seeking from Amoeba stage to human stage. In the human stage also thousands of years you have been seeking and today when you are at the threshold of it, why are you obstinate? I say in Sahaja Yoga you get your Self-Realisation. No money is to be given or taken. As a byproduct you get your health alright, of course your material things also are alright; many things improve as a blessings of Sahaja Yoga but the real thing that happens to you is that you get Self Knowledge, you get Self-Realisation, that there is light enlightened within you and you start seeing yourself, your centres and the centres of others because you also get contacted with the whole, you get your wholesomeness. This is what Sahaja Yoga has to offer to you and if you want to have that please have it. The rest of it is just a byproduct because if there is a light you do

not falter, you walk straight. You don't say my legs improved because there were lights, No. My eyesight improved because of my lights, because there were no lights there was a problem. As soon as there is a light everything becomes alright and you start understanding the whole, you know how the whole thing is, and you start walking straight and you know where to sit and what is the chair and what is the person.

This is what you are seeking when you are a seeker and if you are a true seeker you are to be blessed, and it's my job to see to it that you reach there. You get your own powers, not of your guru but of your own and that you understand yourself. You get yourself knowledge and the the knowledge of the whole. But if you are not that, my children, I am sorry, you are still a baby in the seeking. You have to still grow more and grow more and then you come to me, when you are grown enough, otherwise it is a headache to work on the person like that or to give them Self Realisation or anything whatsoever.

They are using sometimes, Sahaja Yoga for curing. You do get cured, no doubt, even cancer can be cured with Sahaja Yoga. It can be. It can only be cured by Sahaja Yoga. That's the point. But again it will come back to you, we cannot promise guaranty anything. Unless and until you rise in Sahaja Yoga and become the master of Sahaja Yoga we cannot garranty. You may get back that disease again. Why should God not have a sense of

giving for something as you have. He loves you, not doubt. He wants to give you because he loves you. But if you are wayward and if you are prodigal by nature, why should He continue to give you? It is a simple question that you should ask yourself and then ask for realisation, you get it. After getting it also there is a period of doubts, because first you get Thoughtless Awareness which is called as Nirvichar Samadhi, when we say Awareness, in the normal terminology it means alertness to anything is awareness, but when we say Samadhi it means Enlightened Awareness. You get Thoughtless Enlightened Awareness and then you get Doubtless Enlightened Awareness. The state between the two, in some people is so little that they just are there. I have some people here who just got it and are there. They don't pass through these two stages, but there are mediocres and there are also absolutely bullock carts, I would call them. They cannot move with the time of a jet. In these modern times imagine a bullock cart being pulled by a jet! Big problem. But if you are of that caliber and that quality, you get both the stages just like that. There's no doubt after that. But then there are some who get into doubts. I don't know what they doubt here? They had the experience, they feel the vibrations coming, they feel cool breeze flowing through them, they feel it is working on others,

they see the pulsation of the Kundalini, the rising of the Kundalini, they get better in health and everything improving, still they are doubting and wasting their time! Their everything is delayed, their cure is delayed, and everything is delayed because of that. Alright, so we have here jet planes, we have here supersonics, we have missiles and we have also bullock carts. See it takes lot of things to make this world. Isn't it? So I take everything alright with all my love I indulge them. But I would request you not to slow your progress like this. What are your doubting is the question that I do not want anything, if you are paying for something then you should doubt it. You are not paying for anything. What are you doubting? What am I to gain from you? But still so many of them sometimes come and tell me Mother now, we are doubting I say alright go on. When your doubts will be over you do come and see me. That's how it is. I would request you to try to tell your mind that you have done all kinds of things, you have been to all sorts of gurus, you have been to all sorts of nonsensical books and you have been to all kinds of doubts. Now, settle down for a while. Settle down. Tell your mind not to mislead you and get it. This your own. This is your own property. This is your own right to be there. So get it and if any doubts are coming then tell them to wait for a while.

May God Bless you all.





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

(Shri Ganesha Puja 1998)

