

# Yuvadrishiti

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*An offering at the lotus feet of our Divine Mother by the Yuvashakti*





जय श्री माताजी

कितना कुछ बदल गया है, सहज योग में! एक छोटा सा परिवार, अब पूर्ण गरिमा के साथ पूरे विश्व में फैल गया है। श्री माताजी का प्यार का संदेश सभी के हृदय में बसता जा रहा है। १९८७ में जब निर्मल शक्ति युवा संघ की स्थापना हुई, उस समय श्री माताजी ने बताया कि युवाओं को सहज योग आगे बढाने के लिए कैसा होना चाहिए, तथा सहज योग में उनकी क्या भूमिका होगी। आज हम सहज योग में जो कुछ सीख रहे हैं, विशेष तौर पर पूर्ण समर्पण में हम जो कुछ सीखते हैं, वो अनमोल है। यह बहुत जरूरी है कि हम सामुहिकता में काम करें, चाहे हम कहीं भी रह रहे हों। आज हम जहाँ भी स्थित हैं, वहाँ श्री माताजी ने ही हमें बसाया है, वहाँ हमारी जरूरत है।

यह बहुत जरूरी है कि हमें एक दूसरे की जानकारी मिलती रहे। श्री माताजी के आशीर्वाद से युवाटिप्पणी पत्रिका सन २००० में जब शुरू की गई, तो कोशिश यह रही कि हम इसके माध्यम से सभी को एक जुट कर पाएँ। काफी दूरी तक इसमें सफलता मिली भी है, लेकिन अभी और सफर बाकि है।

हम चाहते हैं कि आप जहाँ भी हों, सहज से संबंधित घटनाओं के विषय में हमें लिखें, जिससे युवाशक्ति एक दूसरे के बारे में जानकार रह सके।

E-mail द्वारा आप yuvadrishti@yahoo.com पर हमसे सम्पर्क कर सकते हैं। अथवा, अपने पत्र निम्न लिखित पते पर भेज सकते हैं।

युवाटिप्पणी,

सहज योग केंद्र, प्लॉट क्र. 79, सर्वेक्र. 98, भूसारी कॉलनी,  
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माँ का आशीर्वाद सदैव हमारे साथ है और उनका प्यार ही सारा निर्माण कार्य कर रहा है।

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### Youth Power

"The purpose of the Yuvashakti is the development of the personality in order to make it much more complete, so that such developed individuals will prove to be great assets to Sahaja Yoga and serve as shining ideals for others to emulate and derive inspiration"

- Shri Mataji on Yuvashakti, 1987.

# सत्-चित्त-आनन्द

नई दिल्ली, १९७७

निर्विकल्प अवस्था में सामूहिक चेतना सूक्ष्मातिसूक्ष्म हो जाती है। उस अवस्था में, जब वास्तविकता स्पष्ट होने लगती है, तब आप गहन महत्व की चीजों को समझ सकते हैं। उदाहरण के रूप में आप कुण्डलिनी की कार्यशैली को समझने लगते हैं। आप समझ सकते हैं कि यह किस प्रकार भेदन करती है, किस प्रकार कार्यान्वयन करती है, अपने हाथों से आप इससे प्रयोग कर सकते हैं और इच्छानुसार इसे चला सकते हैं।

निर्विकल्प अवस्था में किसी भी व्यक्ति की ओर हाथ करने की आवश्यकता नहीं होती, बैठने मात्र से ही आप जान जाते हैं

कि वो कहाँ है और क्या घटित हो रहा है और कहाँ पकड रहा है, समस्या क्या है, सामूहिक समस्याएं क्या हैं? सहजयोग और कुण्डलिनी के विषय में आपको कोई संदेह नहीं रहता, संदेह बिल्कुल समाप्त हो जाते हैं तब आप इस पर प्रयोग करने लगते हैं और इसका उपयोग करते हैं। कुण्डलिनी पर स्वामित्व होने लगता है। इस अवस्था में 'चित्त' -चेतना सूक्ष्म हो जाती है। कोई व्यक्ति मेरे पास बैठा हुआ था और बाहर बैठे सहजयोगी जानते थे कि उस भद्र पुरुष को आत्म-साक्षात्कार मिलने वाला है। वे जानते थे कि श्री माताजी आत्मसाक्षात्कार देने वाली हैं। सहजयोगी ऐसे समय पर अत्यन्त प्रसन्न होते हैं तथा छोटी-छोटी चीजों के विषय में शिकवे नहीं करते। वे मस्त होते हैं और शान से रहते हैं। वे तुनकमिजाज नहीं होते उनका चित्त सूक्ष्म में होता है।

बाहर के दुनियावी मामलों के लिए उनके पास समय नहीं होता। यही कारण है कि उनका चित्त सदैव सूक्ष्म पर होता है। वो चिंतित नहीं होते, ऐसे लोग संतुष्ट आत्माएं होते हैं। यही लोग सहज के स्तम्भ बनेंगे। कोई जब ऐसे लोगों को देखता है, ऐसे परिवर्तित व्यक्ति को तो उन्हें चोट पहुँचती है। "इस व्यक्ति को देखो ये कितना महान है। पहले तो यह बहुत खराब था किस प्रकार यह परिवर्तित हुआ है, देखो किस प्रकार इसका कायापलट हुआ है।" इस अवस्था में, निर्विकल्प अवस्था में चैतन्य लहरियाँ बहती हैं और बिल्कुल प्रश्न नहीं रह जाता। परन्तु ऐसा व्यक्ति यदि किसी को दुर्व्यवहार करता देख ले तो वह क्रोध से भर जाता है और इसे सहन नहीं कर पाता। ईसामसीह ने कहा है, "इन सबको क्षमा कर दो क्योंकि ये नहीं जानते कि ये क्या कर रहे हैं"। परन्तु मान लो कि उनकी (ईसामसीह) माँ की शान में कोई अपराध किया होता तो वो उन्हें बिल्कुल क्षमा न कर पाते। बाइबल में लिखा है कि आदिशक्ति (Holy Ghost) के विरुद्ध कुछ भी सहन नहीं किया जाएगा। और Holy host उनकी माँ थी और वो आदिशक्ति हैं। इसलिए आप अपनी श्री माताजी और सहजयोग के विरुद्ध कुछ भी सहन नहीं कर सकते और आपको एकदम भयंकर क्रोध आता है। ऐसे लोगों में संहार शक्ति पनप जाती है। कहा जाता है कि ऐसे व्यक्ति को जब कोई हानि पहुँचाने का प्रयत्न करता है तो वह उसे माँ के प्रति अपनी भक्ति से धराशाही कर देता है। हमारी एक धारणा है कि आत्मसाक्षात्कारी लोगों को कभी क्रोधित नहीं होना चाहिए। यह बिल्कुल गलत धारणा है। तब आप कहेंगे, "श्रीकृष्ण ने जरासंध का वध क्यों किया, कंस का वध क्यों किया। कृष्ण की हिंसा को आप कैसे उचित ठहराते हैं। देवी, जिन्होंने अवतरित होकर क्रोध में बेशुमार राक्षसों का वध किया उसका स्पष्टीकरण आप कैसे करते हैं। भयंकर क्रोध में आकर वे राक्षसों का वध किया करती थीं। शिव का क्रोध, उसका स्पष्टीकरण आप कैसे देते हैं? ये मूर्खतापूर्ण धारणा है कि उन्हें कभी क्रोधित नहीं होना चाहिए, चाहे कोई उनकी हत्या

करने का ही प्रयत्न क्यों न करे। ईसामसीह को भी अपने हाथ में हंटर उठाकर लोगों को भगाना पड़ा। यदि आप निर्विकल्प अवस्था में हैं तो आपको क्रोध करने का अधिकार है क्योंकि आवश्यकता पड़ने पर आपको आवाज उठाने का अधिकार प्रदान किया गया है। मैं सारे आयुध उपयोग करती हूँ, ये सब आयुध होते हैं और मुझे उनका उपयोग करना पड़ता है, उनका उपयोग करने से आप मुझे रोक नहीं सकते। मैं यही बात कहती हूँ कि पढ़ने मात्र से लोग चीजों को समझ नहीं पाते। शांतिपूर्वक बैठा हुआ, सब लोगों द्वारा सताया जाने वाला व्यक्ति ही आत्मसाक्षात्कारी कहलाता है - ऐसा समझना निहायत मूर्खता है। किस प्रकार आप ऐसे व्यक्ति से ईर्ष्या करने का साहस कर सकते हैं। क्या आत्मसाक्षात्कारी व्यक्ति को देवी का द्वेष सहन करना होगा। ये कहना बिल्कुल गलत है कि आत्म-आत्मसाक्षात्कारी व्यक्ति को कतई क्रोध नहीं करना चाहिए।

जिन ऋषियों के बारे में मैंने बताया है या वो सब जिन्होंने मेरे बारे में वर्णन किया है तथा जिनके नाम मैंने आपको बताए हैं, वे सब निर्विकल्प स्थिति से उपर थे। परन्तु वे भी उग्र स्वभाव के थे। ये सन्त पाखण्ड सहन नहीं कर सकते लेकिन मैं सहन कर सकती हूँ, मुझे सहन करना पड़ता है। कोई राक्षस उनके समीप नहीं फटक सकता और यदि कोई चला जाए तो वे उन्हें फंदा डालकर पेड़ से लटका देते हैं। इसीलिए मैं किसी बाबाजी के पास जाने के लिए कभी नहीं कहती। निःसंदेह वो बड़े ऊँचे लोग हैं आप लोगों से बेहतर हैं। मुझे भली-भांति जानते हैं और मेरे चरण कमलों में नतमस्तक होते हैं। मेरे लिए वे बच्चों की तरह से अबोध हैं और सहज हैं। श्री गणेश सबसे अधिक महत्वपूर्ण हैं यदि वे (श्री गणेश) नाराज हो जाएं तो उन्हें संभालना आसान नहीं है। श्री शिव के क्रोध को संभालना श्रीगणेश के क्रोध को संभालने से कहीं आसान है। उनसे सावधान रहें। यही कारण है कि कुण्डलिनी जागृति प्राप्त करते हुए आपको जलन महसूस होती है और आप उछल-कूद करने लगते हैं। यह सब श्रीगणेश के क्रोध के कारण होता है। किसी भी प्रकार से यदि आपने उनका अपमान किया है, या उनकी माँ (आदिशक्ति) का अपमान किया है तो उन्हें भयंकर क्रोध आ जाता है।

यह बात सत्य है कि निर्विकल्प स्थिति प्राप्त करने पर श्री गणेश वास्तव में जागृत हो जाते हैं। ऐसा व्यक्ति किसी महिला से सम्मोहित नहीं होता। अपनी पत्नी के अतिरिक्त किसी अन्य महिला के लिए उसमें कोई प्रलोभन नहीं रहेगा। अपनी पत्नी के साथ वह सम्मानमय पति की तरह से जीवन-यापन करेगा क्योंकि पति-पत्नी विवाह के सूत्र में बंधे होते हैं। अन्यथा वह एक पावन गृहस्थ होता है। वह तो प्रलोभनों से उपर होता है। निर्विकल्प व्यक्ति में कोई प्रलोभन नहीं हो सकता। एक व्यक्ति मेरे पास आया और उसने मुझे बताया कि वह आत्मसाक्षात्कारी था। मैंने कहा, "ऐसा कैसे हो सकता है? आप यदि आत्मसाक्षात्कारी हैं तो क्यों आपको इन चीजों की आदत है? आप ऐसा कर ही नहीं सकते।" वस्त्र पहनने में उनकी कोई दिलचस्पी नहीं रहती जो अन्य पुरुषों या महिलाओं को बहुत आकर्षित करें। अत्यन्त सहज व्यक्ति की तरह से वे आचरण करते हैं। वे गरिमामय सहजता में चले जाते हैं। अचानक वे अत्यन्त सृजनात्मक हो जाते हैं।

आत्मसाक्षात्कारी व्यक्ति में सौन्दर्यबोध (Aesthetic Sense) जगृत हो जाता है। हर चीज में वह सौन्दर्य देखने लगता है। बातचीत करने की कला सुधर जाती है। आपके हाथों की गति तथा आपकी शैली सुधर जाती है। आप अत्यन्त सुन्दर हो जाते हैं। आपमें सौन्दर्य बोध आ जाता है।

उस अवस्था में आत्मा हर चीज को परखने लगती है। ऐसे व्यक्ति को यदि आप नाटक या चित्रकारी का निर्णायक बना दें तो वह बिल्कुल सही-सही निर्णय देगा कि अच्छा क्या है और बुरा क्या है।

ऐसे व्यक्ति को आप यदि किसी देवी-देवता की मूर्ति दें और उससे पूछें कि क्या ये मूर्ति ठीक है या गलत तो वह कह सकता है कि यह ठीक नहीं है। आप सूक्ष्म चैतन्य लहरियाँ महसूस कर सकते हैं चाहे वह धर्म में हों या कहीं और। क्या हम कह सकते हैं कि अष्टविनायक जीवन्त देवता है? आपने कैसे जाना? ज्योतिर्लिंग जीवन्त हैं ये बात आप कैसे जानेंगे? जब तक आप सारी महान आत्माओं की एकरूपता को जान नहीं लेंगे किस प्रकार आप उन्हें परखेंगे? अतः आत्म साक्षात्कार प्राप्त कर लेना आवश्यक है।

जब आप निर्विकल्प अवस्था में जाते हैं तो आनन्द आपके अन्दर स्थापित होते लगता है। वास्तव में आप समझ जाते हैं कि अभी-तक हमने 'सर्वव्यापी शक्ति' को जाना ही न था परन्तु अब हमें उसका ज्ञान हो गया है।

इससे ऊपर परमात्म-साक्षात्कार है। इसकी भी तीन अवस्थाएं हैं। अभी-अभी मैंने इसके विषय में बताया था, सत्-चित्त-आनन्द अवस्था। परमात्म साक्षात्कार वह अवस्था है जो गौतम बुद्ध तथा श्री महावीर ने प्राप्त की थी तथा वे हमारे मस्तिष्क में स्थापित हो गए। ईसा मसीह भी वहाँ हैं। ये दोनों अवतरण नहीं हैं। मनाव रूप में उन्होंने जन्म लिया। श्री सीताजी की कोख से लव-कुश के रूप में उन्होंने जन्म लिया तत्पश्चात् वे बुद्ध और महावीर के रूप में जन्में तथा एक बार फिर आदिशक्ति ही उनकी माँ थीं। इसके बाद हसन, हुसैन के रूप में फातिमा बी की कोख से जन्में। ये दोनों ऐसे मील के पत्थर हैं जिनके माध्यम से आप जान सकते हैं कि मानव कितनी उँचाई तक जा सकता है। आज वो अवतरणों सम हैं।

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# DASHAVATAR OF SHRI VISHNU

As Shri Adi Shakti created the universe, all the Gods and Goddesses took form. Different forms manifested in different aspects like Shri Brahma as God's aspect of creation, Shri Vishnu God's aspect of evolution and Shri Shiva God's aspect of existence and completion of the purpose of creating the universe.

Shri Vishnu maintains the cohesion of the universal drama and prevents the triumph of the evil forces. He represents the aspect of God almighty, who sustains and guides the cosmic evolution. To this effect He incarnates in different forms to trigger on this planet Earth, the successive steps of consciousness. He incarnated many times starting from Dolphin, Tortoise, Quadruped, Short man, Big man, Shri Ram, Shri Krishna and so on. The steps of evolution of life on earth started from Water as fishes to Amphibians (creatures living on both land and water) then to Terrestrial (creatures on land) and finally to Human beings. In His incarnation as Shri Krishna He came in complete form, and for the first time His avatar showed the 'Virat Swarup' to Human beings.

In this issue and the forthcoming issues, we will look at the different steps in this evolutionary process. As we look at these giant leaps in the cycle of creation, we as Sahaja Yogis will be able to realize our responsibilities towards the completion of this cycle, and how we are also part of this giant leap in the next step of consciousness.

## Matsyavatar

It so happened that once Shri Brahma was resting. At that leisurely moment Somaka also called Hayagreeva a rakshasa stole the Vedas from Brahma and ran away. He decided to hide them from the devas so that the asuras could use the knowledge of Vedas to their advantage. Brahma complained to Vishnu about the theft. The Vedas in the wrong hands could be very catastrophic. Hence Vishnu decided to retrieve them from the asuras.

Sathyavrath a King in the Southern region of India was a great devotee of Vishnu. He was a benevolent king and cared for the welfare of his subjects. Every morning he would go to the Kruthamala River to perform puja and meditation. One morning as he was about to start his prayer, he took some water in his hands, to his surprise he felt some movement on his palm. It was a fish, afraid that he would hurt it he gently let it go back into the river. But instead of swimming away, it started talking to the king "Oh king don't leave me here, I am growing." The King arranged for a big lake, soon the lake also became too small for it. Then he took it to a nearby ocean. Satyavrath had started feeling that there was something divine about this incident.

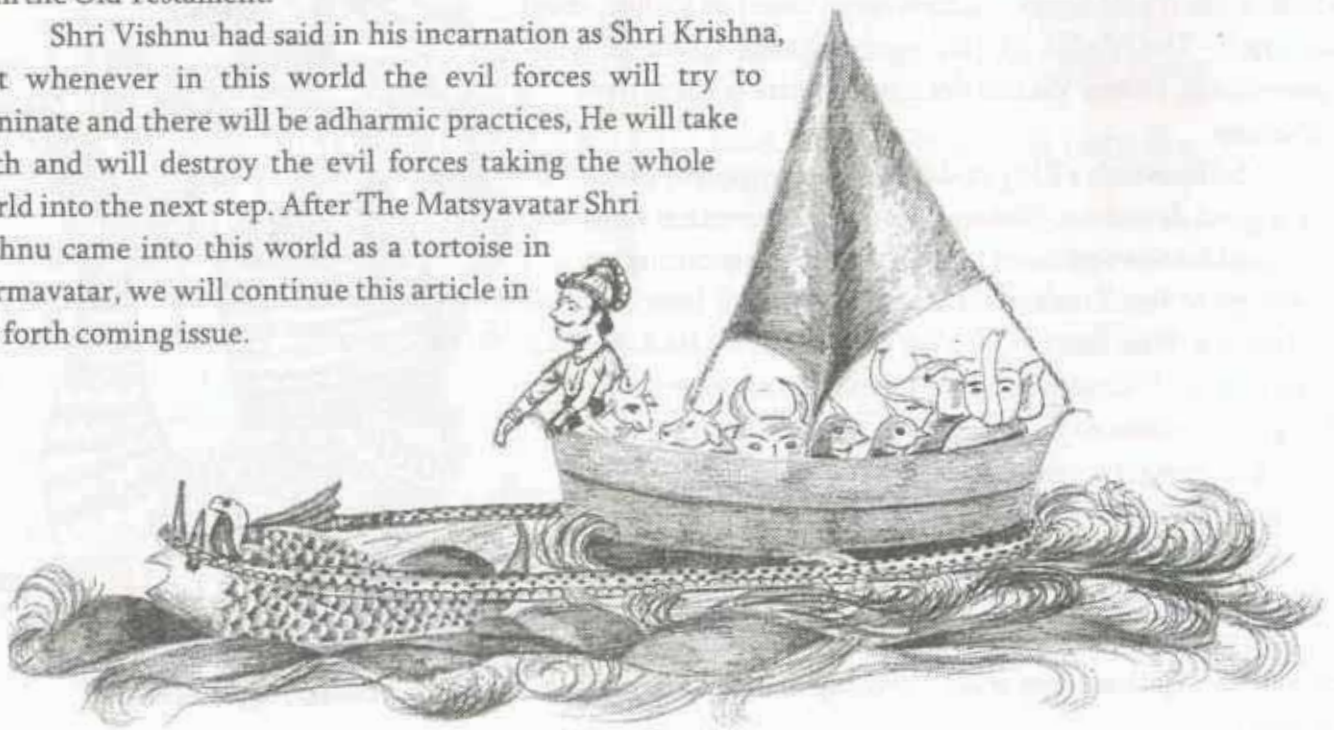


As he was leaving the fish in the ocean Satyavrath asked the fish, "You are certainly not an ordinary fish, please tell me what is the divine plan." Looking at his discretion, the fish immediately took the form of Shri Vishnu and told him "I am happy that you have dedicated your life to me and have always done everything righteously. That is why I have chosen you for a great deed please listen carefully. Seven days from today there will be a great deluge and darkness. Giant waves will dislodge the entire Earth, and will destroy all life forms. All will be in chaos and floating aimlessly in the never-ending waters. Within seven days you have to collect all the species of life and vegetation along with their seeds. You also have to request the Saptarishi(the seven sages) to board the ship. The light emanating from them will guide you. Vasuki the divine serpent will also help you. After you finish the job and get onboard the ship, Vasuki will tie the ship around me with its body and I will take you to the safe waters and land where life will begin all over again."

Satyavrath was happy and nervous at the same time, looking at the enormity of the task. He followed the aya (command) of God almighty and with complete surrender, started his work. After he collected all the species and the sages he boarded them on the ship. As prophesised the great deluge occurred. Hayagreeva the wicked asura in his form as a horse became unstable due to the fiercely mighty waves. He was tossed to and fro and finally came out of his hiding with the Vedas. As he drifted near, Vishnu caught hold of him and killed him. The Vedas were recovered and handed them over to Brahma. Shri Vishnu in the form of fish guided the Boat to the shores as the deluge ended. The Vishnu told Satyavrath "You have done a splendid job and now you will be the king of this new era." Thus the Avatarkarya (work in this incarnation) was complete and Satyavrath became the king of the new world. Satyavrath is said to have taken birth again as King Manu one of the oldest reigning kings of India as a whole.

The events from this incident are closely comparable to mythological incident 'The Noah's Ark' from the Old Testament.

Shri Vishnu had said in his incarnation as Shri Krishna, that whenever in this world the evil forces will try to dominate and there will be adharmic practices, He will take birth and will destroy the evil forces taking the whole world into the next step. After The Matsyavatar Shri Vishnu came into this world as a tortoise in Kurmavatar, we will continue this article in the forth coming issue.

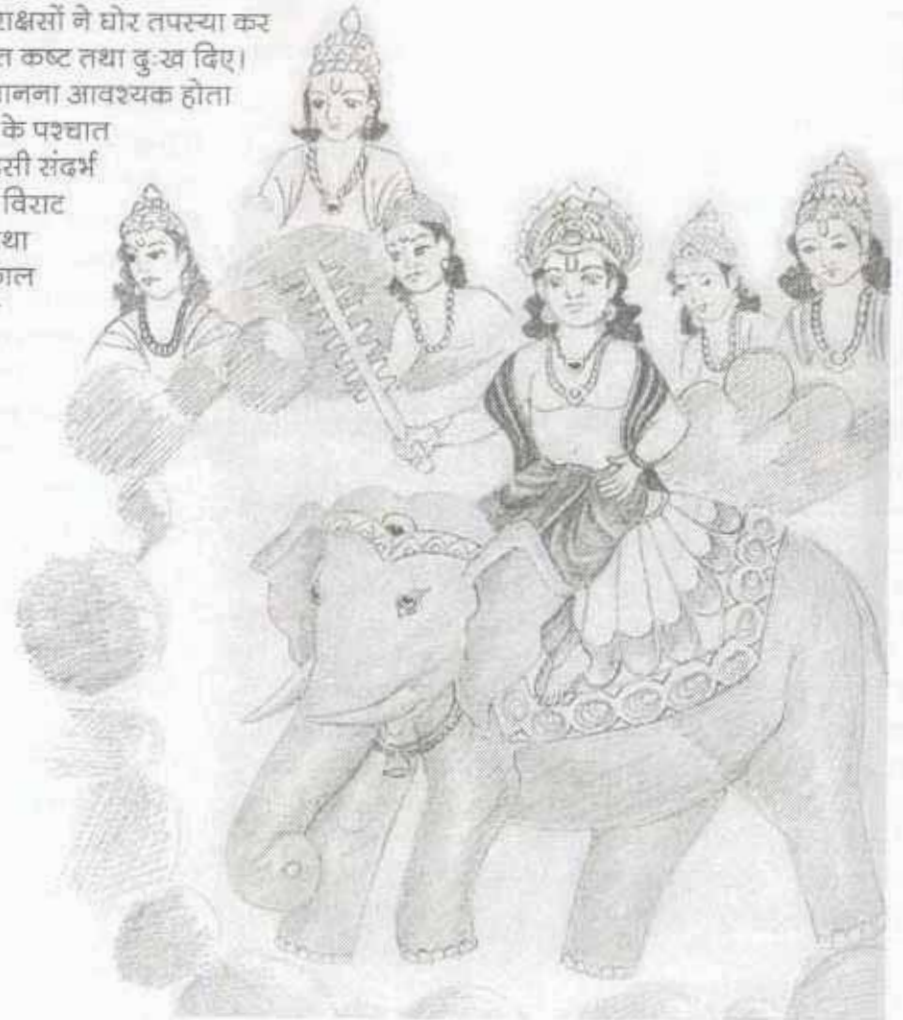


# इन्द्रासन क्यों डोलता है?

इन्द्र का परिचय हमें सबसे पहले श्री गणपति अथर्वशीर्ष में मिलता है। उसके अलावा, श्रीमद् देवी माहात्म्य में इन्द्र के बारे में विस्तार से जानकारी मिलती है। लेकिन अधिकतर लोग इन्द्र को टी.वही. पर प्रसारित आध्यात्मिक धारावाहिकों के माध्यम से ही जानते हैं। किन्तु इनमें इन्द्र के माहात्म्य का बहुत छोटा सा अंश मात्र प्रस्तुत किया जाता है। इन्द्र के बारे में हमें जितना मालूम है, शायद काफी नहीं है; कारण सूक्ष्मतंत्र तथा उत्थान में श्री इन्द्र का योगदान बहुत महत्वपूर्ण दिखाई देता है। लेखक ने कई अन्य सहज योगियों से भी इन्द्र के सूक्ष्म तंत्र में माहात्म्य के विषय में बात की, किन्तु कोई जानकारी नहीं मिली। तब लेखक ने कुछ अनुसंधान कर यह लेख लिखा है। लेखक को आशा है कि पाठक लेखक के विचारों पर सुझाव तथा अपने विचार, 'युवादृष्टि' के माध्यम से उन्हें अवश्य बताएंगे।

इससे पहले कि हम इन्द्र के जीवन से कुछ सीख सकें, देखते हैं कि इन्द्र के बारे में हम क्या जानते हैं: वे देवों के राजा हैं। उनकी नगरी इन्द्रलोक कहलाती है। उनका शस्त्र वज्र है तथा उनका वाहन ऐरावत नामक एक सफेद हाथी है। उनके (तथा अन्य देवताओं) के गुरु श्री बृहस्पति हैं। उनकी पत्नी का नाम इन्द्रायणी (या शची) है, तथा उनकी सन्तानों में सर्वश्रेष्ठ अर्जुन। ये सारी बातें तो धारावाहिकों में भी दिखाई जाती हैं। इन्द्र के विषय में कुछ ऐसी बातें हैं, जो हमें पहले कभी ज्ञात नहीं थीं। हमारी कुण्डलिनी के माध्यम से ही इन्द्र का सूक्ष्म महत्त्व समझा जा सकता है। उनसे सबसे अधिक फायदा होता है नए सहज योगियों को, जो अपने आत्मसाक्षात्कार में स्थापित हो रहे हैं। ये इसलिए, कि इन्द्र (या अन्य किसी देवता) को आत्म-साक्षात्कार नहीं मिल सकता। लेकिन वे महामाया श्री आदिशक्ति की पूजा करते हैं और उन्हीं का आसरा मांगते हैं। इन्द्र कुछ हद तक माया को प्रवाहित करते हैं, इसलिये जब कोई ध्यान धारणा करता है तो इन्द्रासन डोलता है और इन्द्र अपना मायाजाल फैलाते हैं। मानो किसी भी प्रकार से साधक की तपस्या भंग करना चाहते हों। इन्द्र का ऐसा करना स्वाभाविक है, क्योंकि महिषासुर, शुम्भ-निशुम्भ, आदी राक्षसों ने घोर तपस्या कर

वरदान प्राप्त किये और समस्त जगत को बहुत कष्ट तथा दुःख दिए। इसीलिये, साधक की असली नीयत को पहचानना आवश्यक होता है। तपस्या में आने वाली रूकावटों से उभरने के पश्चात असली साधक और भी मजबूत हो जाता है। इसी संदर्भ में नर-नारायण का उदाहरण बड़ा सुन्दर है। विराट की विशुद्धि के रहस्य इस कहानी में है। नर तथा नारायण श्री विष्णु के स्वरूप हैं। महाभारत काल में यही दोनों श्रीकृष्ण (नारायण) तथा अर्जुन (नर) के नाम से अवतरित हुए। महाभारत के युग से बहुत पहले नर और नारायण महामाया श्री आदिशक्ति का ध्यान लगाए बैठे थे। इन्द्र उन्हें पहचानते नहीं थे। इन्द्रासन बचाने के लिए, इन्द्र ने उनकी तपस्या में बाधाएँ डालना शुरू किया। अपनी मायावी शक्ति से उन्होंने आग, बारिश तथा खूंखार जानवर नर और नारायण पर छोड़े। किन्तु इसका नर-नारायण पर कोई प्रभाव ना हुआ। तब इन्द्र ने सोलह हजार (१६०००) अप्सराओं को उनकी तपस्या भंग करने के लिए भेजा। तथा तपस्या के उस कठोर स्थान को अत्यन्त मोहक बगीचे में परिवर्तित कर दिया। नर तथा नारायण पर सुन्दर वातावरण या अप्सराओं का कोई प्रभाव नहीं पडा। पर नारायण ने अपने अंग से १६००० अप्सराओं का सृजन कर उन्हें स्वर्ग में इन्द्र के पास भेज दिया। तो इन्द्र की अप्सराएँ



Contd. on pg 13

This article talks about the Yuva Shakti and various issues that might come up when we identify ourselves as a Sahaja Yogi.

Before we deal with any issues from the non-Sahaja yogi world, we need to introspect ourselves to see how deep-rooted our belief in the Param Chaitanya and ourselves. Are we still identifying ourselves as some individual or have we started seeing ourselves as mediums of Mother's work. When we realize that we are no longer the ordinary people but are now fore runners of a glorious era, most of the problems disappear.

It is quite easy to get entangled in the web of college, homework, friends, jobs and ambition. But once we surrender to Shri Mataji, we free ourselves from all these burdens and then onwards it's all smooth sailing. But the question lies in the meaning of surrender.

We can all just say that we have surrendered and pray that "Oh Mother, I have exams coming up or I have this job interview and I surrender to you, please take care of it and help me to succeed."... But do we really surrender? After praying does the thought bother us again or do we forget about the results and perform our duties? The feeling of surrender is the most beautiful thing. In this state of surrender everything just works out. Its like you're sitting in the driver's seat not knowing the route and at times not even the destination but somehow when you get there, your heart tells you "this is exactly where I had to reach!"

All of us can recall of some incidences when the Param Chaitanya worked it all out for us. But if someone had to write down the steps to surrender it wouldn't be easy because there aren't any rules given. It just happens, and when it does, its bliss. This happens if we meditate regularly every morning and evening and touch this state of thoughtless awareness.

The most important thing for us as the Yuva Shakti is to be in that state of surrender. Life is really great

# atma shining

then. This might sound very poetic, but it really is like feeling the cool breeze on your head even

though you're standing under the hot sun. Like smiling at the idol of Shri Ganesha and feeling Him smile back at you. Like finding everything you ever dreamed of having strewn along your path by God knows whom!

Then you realize that you no longer have any personal desires remaining, no races to win and no jobs left undone. You become a Prince of your own, the horizons fade out and you know you have dissolved. Then you're the valiant warrior of Mother's Kingdom and you know that the battle has already been won, though the scene has to still unfold.

(Those of us who are already in this state need not read further; their kingdoms have been established. But the ones who are still battling fear not and read on.) this may be omitted

To establish this state of surrender, there is only technique and that is morning and evening meditation and listening to Mother's talks. Then no question seems unanswerable. We do not need to worry about what our friends might think about us, whether they might leave us or they might think that we're "not cool or primitive", when they get to know that we meditate,. But when you've settled firmly in Sahaja Yoga, just the opposite happens. People around you have a certain respect for you. You will find your friends, wondering why you're so intelligent, how come you achieve much more than them, or why your skin glows when they're all having sun tan problems! You yourself will see that once you might have been dumb, and find you're bright in the class. That maybe once everybody else seemed to have



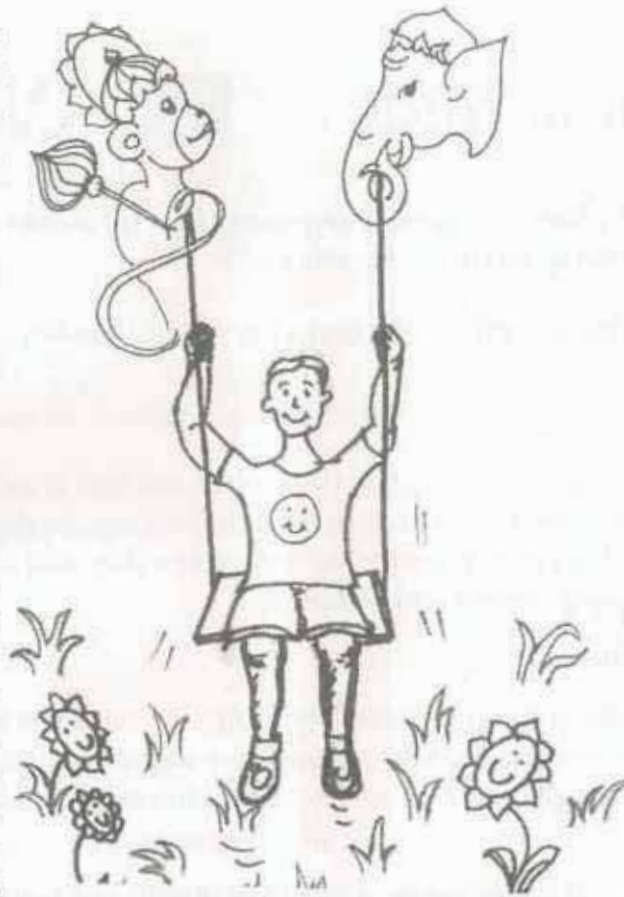


something against you, but now you're the most popular one. People are happy to have you around and you're smiling more than ever. Everything feels splendid...we could call it "Atma Shining".

A lot also depends on how happy you keep Shri Ganesha. He's like the monitor in our class or like the right hand man for our Boss. Mother always knows what you are, but if Shri Ganesha is happy with you, His reference works like double magic.

Then you don't need to worry about anything; it's all taken care of, only one desire remains - to be Mother's medium for Her work. The question of how to introduce people to Sahaja Yoga also disappears. People see the pendant in your neck and ask you about Sahaja. If you're connected to Mother at all times, the seeker gets his realization just by looking at you. Sometimes people realize that there is something different about you, they themselves come up and ask, why is that you're so gifted or that you are so much better and the answer is quite simple... It's Mother's blessings and Her meditation. Spreading the message of Sahaja Yoga is quite simple then. It just happens. You could just tell your friends that it's this super fun, free of charge, personality development course. Everybody wants to join that! Also, when you pour your heart out and tell someone about Sahaja Yoga and how it will benefit them, there is no need to feel bad if those people then go away and ridicule you or Sahaja Yoga or even practice it for sometime and then never come back. It's ok not everybody is selected for the Divine Work. You know you are, and that while others crawl you're being carried in the arms of angels.

It's really beautiful, the feeling of being cunning ones, you don't need to bother, as Shri



facing your shortcomings. Also, know that with meditation, introspection and cleansing, you will improve. Then let's go ahead and love everybody else, Sahaja yogi or not. About the cunning ones, you don't need to bother, as Shri Ganesha's guards will handle them. Our work really is to just spread Her love and as its effect we are all going to be beautiful, joyful people.

So "Happy Sailing in the skies of Mother's Love" and let's pray that we all become Her perfect instruments and bask in the Joy and Glory of Her Attention.

P.S: While in the middle of this article, I glanced at the time...and remembered that I had meeting with some one but had to complete the article. The phone rang, the person with whom I had meeting- called to say that an emergency had come up and the meeting had to be cancelled. So well that's how the Param Chaitanya works out everything and never allows any obstacles hinder the flow of our work.

# Sushumna Nadi : "THE AXIS IS LOVE"

*"The Vibrations we talk about in Sahaja Yoga are the Vibrations of Love. Through Sahaja Yoga we can create a world of positive vibrations."*

Shri Mataji Nirmala Devi

SELECTED POINTS FROM THE PUJA TALK FOR MAHA SANKRANTI SHRI SURYA PUJA, BOMBAY 1988

Shri Surya Puja is Puja to the Sun during the time when the Sun is moving from the Tropic of Capricorn to the Tropic of Cancer. It is always held on January 14, the only fixed date of the Indian calendar. January 14 is considered to be the coldest day, and after this, warmth and sun begin to return, later bringing Spring and Summer.

## **Personal Axis Sushumna**

In this unique talk, Shri Mataji speaks about "standing on your own axis", the Sushumna (the Central Channel). Our individual Sushumna nadis are a fraction of the unified Sushumna of the Mother Earth. The power of the Earth is "connected to human beings through their Sushumna after Self-realization."

"What is best in a human being is his axis. The depth on the axis is more important than anything else." This depth is held in the Brahma Nadi, the "hair-like" threads inside of the three and a half coils in the sacrum. When the person is realized, this "paper-like thing" rises to Sahasrara. The "foldings outside" become larger inside as one deepens. Balance comes from our depth. Inside attitude becomes beautiful, joy giving, an expansion of the Brahma Nadi.

To retain the expansion of the "axis" or Sushumna, meditate at home, do devoted tasks, have a sense of reverence. "Use your hands, giving of some labor, so you can be very collective." Plant a garden, cook, build, etc.

In the life of the householder, the home is the axis between the man and the woman

"Stand on your axis", your central channel. Destruction (illness, etc.) comes from too much left or right. It is important to keep the head held properly, not down or thrown back. Domination/submission needs to be eliminated among all the world's people. (Left = Moon/Desire, Right = Sun/Action)

The axis senses what is to be done. Thinking too much is desire without action. Desire without action can be destructive. "A balance needs to be struck." We must desire and act.

Shri Mataji knows how deep you are by your axis. You cannot fool Her by talking big about Sahaja Yoga without the depth.

## **B. Planetary Axis**

"It (the Axis) loves us. Because of it we have seasons; Moon is created by the heat of the Sun; Shri Surya is Shri Jesus. The Sun's light is distributed by the axis."

The Sushumna keeps all the distances necessary for the Mother Earth from planets and moving

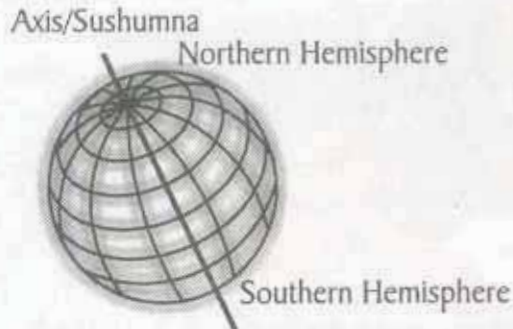
bodies in the cosmos. Our view of the stars is determined by the Earth's movements.

The creation of life began in the movements of the ocean; the many amino acids gave "permutations" or possibilities

Carbon formed by the heat of the axis, carbon is essential for carbohydrates and all organic matter.

Nitrogen formed by the movement of the axis amino acids necessary for earliest life.

The intelligence and fragrance of Mother Earth comes from the planet's axis.



There is no physical axis as such. It is an energy force.

The Earth is spinning at a tremendous speed. The seasons, hemispheres, climate all are influenced by the axis. Sushumna acts to give balance (night and day).

"With the Sun you get the heart which is a very open heart, a kind of an inviting heart."

Comparison of countries warm versus cold; also, countries that are too warm can have problems. The darkness in jungles is like the extreme cold in the north.

Yogis are not asked to worship nature as the native peoples did. We only worship the vibrated parts of nature.

Swayambus, the word Swayambu means "born out of itself" special stones, mountains and other natural formations (for example, ice) that were born, naturally, out of Mother Earth and emit vibrations.

Volcanoes and earthquakes are born by/through the Sushumna Nadi.

-Karen Denitto, New York

"Ours is a Gyanmarg. That is the knowledge, the path of knowledge in which you have to know all the knowledge."

Heena Pandya,  
Mumbai

Mother kindly bless Chandigarh with your divine attention for more and more pure and deep Sahaja Yogis should evolve here.

Ritu Mehra

Kaushik Panchal

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# SITA PROJECT A REPORT

Collective desire of using the Internet, Email information technologies like Internet and Email, for the spreading of Sahaja Yoga has been fulfilled when SITA Team was formed in the year of 2000 with the Blessings of H.H. Shri Mataji. SITA stands for Sahaja Internet Team Administration. This team contains this comprised of young energetic & enlightened Yuva Shakti brothers & sisters who had decided to dedicate their knowledge in Internet, Email & other Electronic media to spread the message of Sahaja Yoga.

As all of us are aware of the importance of using the technology for the spreading of the message of the Love of Shri Mataji, SITA Team explores enthusiasm in various means & ways by involving every one in the team to participating participate in various activities. Many of the members in this Team are working with multinational companies in IT & other sectors.

Various projects undertaken by SITA Team utilize the experience & skills of this team to spread SAHAJAYOGA.

## Projects

Few projects that are undertaken by the SITA Team is narrated below...

### a) Project 2800 Project to develop 2800 websites

This project is to develop 2800 websites related to Sahaja Yoga. SITA members across the world had dedicatedly

contributed for this project. This project was mainly to outshinesurpass all other websites, which are spreading the negativity in Internet. With the Blessings of our Holy Mother, this project was a great success. Thousands of websites explaining the Blossom time of Sahaja Yoga, Benefits of Sahaja Yoga & various experiences of Sahaja Yogis across the globe had popped up in the internetInternet. Any new seeker in Internet try to search for Sahaja Yoga becomes easy to reach out any Sahaja Yoga website.

### b) National India Website

[www.sahajayoga.org.in](http://www.sahajayoga.org.in)

This project was carried out to develop the National website for Sahaja Yoga , - India. The site was named [www.sahajayoga.org.in](http://www.sahajayoga.org.in) and was inaugurated by H. H. Shri Mataji during her Birthday in on March 21<sup>st</sup> 2003, in Delhi.





Holi Puja 2004, Prafishthan, Pune

The development of this website was carried out in various phases involving every member of SITA actively. It was a collective effort in gathering contents, designing & implementing the whole website. This also provides you templates and easy making instructions for developing website for a particular city/state. For more information contact: [manoj@sahaji.net](mailto:manoj@sahaji.net).

### c) Automated referral system & SMS

This is an automated system to send a mail to any of your friend or a truth seeker from Internet easily. This automated process allows any Sahaja Yogi to visit the following URL or link and send a message of Sahaja Yoga to any email ID. Please visit the link for more details.

<http://www.sahajayoga.org.in/ReferTo.asp>

SMS facility provided at the following link provides a Sahaja Yogi to communicate Sahaja Yoga messages through SMS to mobile phones freely. Visit the link for more details.

[Http://www.sahajayoga.org.in/sms/](http://www.sahajayoga.org.in/sms/)

### D) E-group & Email-ID's

SITA Team has developed a group communication facility in India. This E-group is named as [SitaIndia@sahaji.net](mailto:SitaIndia@sahaji.net). Around 80 Yuva Shakti brothers & sisters are subscribed to this group. This helps the team to discuss & communicate between the team members fastly quickly. Also SITA has launched recently a facility to provide Email-ID's in the domain of [sahaji.net](mailto:sahaji.net). Email Id will look like [yourname@sahaji.net](mailto:yourname@sahaji.net). This facility is currently restricted to SITA members & in India.

This Email facility is much faster & secure against viruses. Each mails send through this Email ID's will contains the message of Sahaja Yoga & Shri Mataji

Those who would like to join this team and is willing contribute for the SITA Project can be contacted by sending a mail to [sita@sahaji.net](mailto:sita@sahaji.net) with with your details.

### e) Preparing Electronic presentations

This is mainly aiming to develop various presentations, which can be used for spreading of Sahaja Yoga. Team had developed various presentations related to various aspects of Sahaja Yoga to introduce to corporate etc. This is under progress.

### f) Global Data Management System (GDMS)

The Global Data Management System (named as GDMS) is a complex collection of large data which data that is integrated to a single database to manage the data for the spreading of Sahaja Yoga. This database will contain the addresses of new seekers, which are collected from various public programmes & other campaigns. The leaders or the corresponding authorized persons from various



# शहरों से गाँवों तक

पुणे के आसपास के ग्रामों में सहज योग के प्रचार-प्रसार में रत एक टीम अब तक ८२००० लोगों के आत्म-साक्षात्कार में माध्यम बनी है। ये संख्या पिछले मात्र २.५ साल के कार्य का परिणाम है। इस कार्य पर अधिक प्रकाश डालने के लिये टीम की एक स्थायी सदस्या (योगिनी) द्वारा लिखा वर्णन प्रस्तुत है।

पुणे के आसपास के गाँवों में सहज योग के प्रचार-प्रसार का कार्य नियमित रूप से १ जनवरी २००२ से शुरू किया गया। उस दिन से प्रत्येक रविवार और अन्य छुट्टी के दिनों में हम लोग सार्वजनिक कार्यक्रम करने के उद्देश्य से प्रातः ६ बजे पूर्व निर्धारित गाँवों की ओर निकल पड़ते हैं।

गाँव पहुँच कर कार्यक्रम कि लिये उपयुक्त कोई मन्दिर या और कोई अच्छी जगह ढूँढ कर वहाँ श्री माताजी का फोटो तथा चक्रों का चार्ट लगा कर रखते हैं। अगर किसी गाँव में मार्ग की व्यवस्था हो, तो घोषणा करने तथा भजन गाने के लिये उसका भी उपयोग कर लेते हैं। सारे सहज योगी घर-घर जाकर लोगों को कार्यक्रम की सूचना देते हैं। कई गाँव ऐसे होते हैं, जहाँ लोग श्री माताजी और सहज योग के बारे में नहीं जानते हैं; वहाँ देवी का कार्यक्रम, ध्यान धारणा तथा ज्ञानेश्वरी पर आधारित कार्यक्रम बताकर लोगों को आमंत्रित करते हैं।

हमारा अब तक का अनुभव ये है, कि जब हम पूर्ण समर्पण हृदय विश्वास से कार्य करते हैं तो कोई भी समस्या नहीं आती है। लेकिन जब हम बुद्धि से कार्य करने की कोशिश करते हैं तो कोई ना कोई समस्या खड़ी हो जाती है। इसलिये, इस कार्य की घटना होने के लिये हमें अबोध, शुद्ध तथा श्री माताजी के प्रति समर्पित होना आवश्यक होता है। तभी यह कार्य ठीक से हो पाता है।

एक दिन में ६-७ गाँवों में कार्यक्रम होते हैं। जहाँ लोग रुचि दिखाते हैं, वहाँ फॉलो-अप के लिये दिन निर्धारित कर लेते हैं। जहाँ जहाँ लोगों ने इसे अच्छे से ग्रहण किया, वहाँ वहाँ सहज योग के केन्द्र स्थापित हैं तथा अच्छे से कार्यन्वित हैं। यही नहीं, स्थानीय लोग जो सहज में स्थापित हो जाते हैं, वे भी प्रचार के कार्य में जुट जाते हैं।

हमारी गाडी पर लाऊड स्पीकर भी लगा है, ताकि जो गाँव बड़े हैं, उनमें घोषणा के माध्यम से सारे लोगों को कार्यक्रम की जानकारी हो सके।

इस कार्य संलग्न सहज योगियों में आपस में जो शुद्ध प्रेम होता है, वो किसी भी रिश्ते से उच्च है। रिश्तेदारी में एक दूसरे से कोई ना कोई इच्छा, मांग या अपेक्षाएँ होती हैं। किन्तु यह प्यार निर्वाज्य, निरपेक्ष है, जिसमें केवल आनन्द का समावेश है। कुछ लेना नहीं सिर्फ देना ही होता है। हृदय में हम सभी लोग रविवार का ही इन्तजार करते हैं, क्योंकि इस दिन हम सारी चिन्ताएँ, समस्याएँ, आदी छोड़ कर श्री माताजी के छैतन्य-सागर में डूबते हैं, और वहीं आनन्द की मस्ती में दंग रहते हैं। हर व्यक्ति की श्री माताजी के प्रति श्रद्धा बढी है, और भक्ति भाव में हृदय आई है। साथ ही ध्यान की, छत्रों की शुद्धता की तथा स्वयं की उन्नति के प्रति सजगता व सतर्कता में भी वृद्धि हुई है।

ढाई साल में अब तक ३५० कार्यक्रम हुए हैं तथा इनमें ८२००० लोगों को आत्म-साक्षात्कार प्राप्त हुआ है। पुरन्दर, बारामती, और इनके क्षेत्र के सभी गाँवों में सहज योग पहुँच चुका है, तथा अब भोर, जुन्नर, खेड तहसीलों (तालुकाओं) में कार्य चल रहा है।

अजिंक्य, मुरली, खालिद, प्रवीण, राहुल, तुषार, मन्दार, सौ. पठारे, कु. खांडकर, महेश मोकाशी इस कार्य में नियमित तौर पर माध्यम बने हुए सहज योगियों में से कुछ हैं।

खालिद तीरन्दाज :

सहज का कार्य करते समय श्री माताजी का पूरा चित्त हम पर होता है। प्रचार करते समय आने वाली सभी रुकावटें आसानी से दूर हो जाती हैं।

मुरलीधर महादेव कहेंगे:

सहज योग के प्रचार प्रसार से जो आनंद प्राप्त होता है, वो गगन में भी ना समा पाए, ऐसा आनंद है।



प्रवीण लांडगे:

मैं रोज श्री माताजी से एक ही प्रार्थना करता हूँ कि सहज योग का कार्य करने का अवसर दीजिये, मुझे अपना एक माध्यम बना लीजिये, और अधिक से अधिक लोगों को सहज योग बताने का व सेवा करने का अवसर प्रदान कीजिये।

आशा अनंतराव वाबले:

अब मेरा और मेरे बेटों का सहज के इस कार्य में पीछे मुड़ कर देखने का प्रश्न ही नहीं उठता।

अनीता खंडकर:

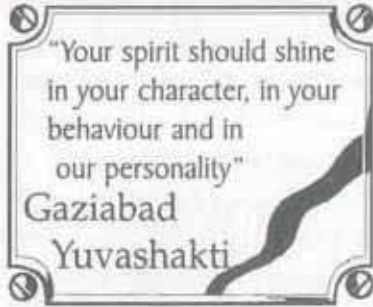
सब जगहों पर घूमकर अधिकतर लोग बीमारियों, दुःख, आभाव, पानी की कमी, बेकारी आदी परेशानियों से ग्रस्त दिखाई देते हैं; तो सब लोगों को बताने की इच्छा होती है कि इन सब परेशानियों को मात करने वाला और हर दृष्टि से योग्य एकमेव उपाय सहज योग ही है।

तुषार अनंतराव वाबले:

अब प्रत्येक रविवार को कार्यक्रम में जाने की इच्छा होती है; अगर कभी कार्यक्रम ना हो, तो एक अपूर्णता महसूस होती रहती है।

महेश मोकार्शी :

जिस दिन सार्वजनिक कार्यक्रम में मेरा सहभाग होता है, उस रात को मुझे सबसे अच्छी और गहरी नींद आती है। अतः मैं श्री माताजी से प्रार्थना करता हूँ, कि श्री माताजी, कृपया मुझे अपना एक शुद्ध और शक्तिशाली माध्यम बना लीजिये।



*Continued from pg. 5*

बेघर हो गई। तब उन्होंने श्री नारायण से उनसे विवाह कर के उन्हें अपना आश्रय प्रदान करने की विनति की। उस पर नारायण ने उन्हें सूचित किया कि तपस्वी होने के कारण इस जन्म में यह सम्भव नहीं है, किन्तु महाभारत काल में जब वे श्री कृष्ण के नाम से अवतार लेंगे तब यह सम्भव होगा। सहज योग में हम जानते हैं कि श्री कृष्ण की सोलह हजार पत्नियाँ (रानीयाँ) उनकी १६००० शक्तियाँ थीं। इस कहानी से हमें पता चलता है कि इन्द्र श्री आदिशक्ति के कार्य-समुद्यता हैं। फर्क ये है, कि सहज योगी आत्म-साक्षात्कार में स्थापित हो, श्री माताजी के निराकार रूप को पहचानते हैं और इन्द्र, श्री महामाया का माया सम्बन्धित कार्य निष्पादित करते हैं। इन्द्र के कार्योंसे पता चलता है कि सूक्ष्म स्तर पर इन्द्रियों के माध्यम से वे साधक की तपस्या को परखते रहते हैं। ये इन्द्रियाँ हमें पता है, जैसे सुगंध, स्वाद आदी। अगर कोई साधक कुण्डलिनी जागृति के पश्चात स्वयं का गुरु नहीं बनता तो वो आत्म-साक्षात्कार में स्थापित नहीं हो पाता और वो भूख, लोभ, मोह, इत्यादी में फंसा रहता है। लेकिन अगर इन्द्र उसके जीवन में माया ना डाले तो साधक को पता ही नहीं चलेगा, कि उसे ऊपर उठना है। इन्द्र के जाल में फंसकर ही साधक को पता चलता है कि मेरा उत्थान ही बाकि सब वस्तुओं से अधिक महत्वपूर्ण है। अन्यथा, कुण्डलिनी जागृति के बाद भी माया में पडना आसान है। तभी कुण्डलिनी जागृति के बाद कुछ साधक सहज योग में नहीं आते; कुछ आकर भी नित्य ध्यान नहीं करते। कुछ साधक गहनता में उतरने की इच्छा नहीं करते; और कुछ सामुहिकता में नहीं आते। लेकिन इन्द्र की शक्ति से ऐसे साधकों के अधूरेपन का पर्दाफाश हो जाता है। इसके बाद ही वे ध्यान धारणा, सामुहिकता और आत्मा के मूल्यों को खोजते हैं, उसमें रूची लेते हैं, और ये समझते हैं, कि खुद पर मेहनत करना अत्यावश्यक है। लेखक का मानना है, कि इन्द्र हर नए सहज योगी का दोस्त है। ध्यान में व्यवधान डालकर इन्द्र साधक को सूचित करते हैं कि कुण्डलिनी जागृती के पश्चात ध्यान करना भी जरूरी है। तथा आत्म-साक्षात्कार पाने के बाद जागृति को स्थापित करना और श्री माताजी को पहचानना आवश्यक है। आशा है कि इस लेख के माध्यम से हम इन्द्र का माहात्म्य थोडा और समझ सकें हैं।

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# Yuvadrishti Asks

## How would you introduce Sahaja Yoga to your friends?

Sahaja yoga is the path that leads to self-content. I practice this because I feel, it is both scientific and spiritual. Sahaja Yoga gives you the ability to control yourselves and to have secured feeling. These are the few lines, which I would use to introduce Sahaja Yoga to my friends.

-Dr. Samarth Borade, samarth15@yahoo.com

Some of the following lines are the ones that we can use to introduce Sahaja Yoga:

- Have you heard about Sahaja Yoga? It is amazing. I have been practicing it for some time now and have been benefited tremendously in terms of health, business, peace of mind and great sleep.... and then slowly I continue into persuading the person to experience self realization then and there... and then make him or her attend the center... and then follow-up.
- Oh I see you are tremendously stressed up. What's the problem? Shall I suggest you some therapy. It is great and moreover free and simple to follow... The person takes interest and then I introduce Sahaja yoga and slowly and gradually develop his interest which takes him to the center.

-Mahesh Khatri, maheshkhatri@yahoo.com

Many of my friends are very different and so I would use a different approach for each one. Mostly, I would mention that Sahaja Yoga is a method of meditation that helps you be in balance and clears your attention and stress. Also it allows you to understand yourself and learn about what you are made of and how to overcome and get rid of many problems.

-Elena Michael, michaelelena@hotmail.com

First of all, if we are good Sahaja yogi then we can easily explain about Sahaja yoga. The introduction can vary according to the nature of person and his/her interest. First I will pray to Mother then I will explain it very sweetly and humbly as I can.

-Nisha Bahuguna, nisha108mataji@yahoo.co.in

Whenever I happen to meet a friend or an acquaintance, I ask, "Whether you would like to know about the Divine's Energy in our body which is part of the Virata, about which Sri Krishna talked in Mahabharata and everybody tells us that God's power resides in our body, but nobody never showed or made us feel that energy. Do you want to feel that power of God right now in next 2-3 minutes?"

-Shilpa Agarwal, agarwal\_shilps@yahoo.co.in

I tell my friends about SY by saying that this is very simple meditation method, which brings balance in you. Usually everyone agrees that state of our mood (mind) is like a pendulum, sometimes excited and sometimes depressed. So on these lines I tell them about the channels and how do they work, and how we can keep ourselves balanced by clearing the channels.

The other point is about thinking process which is continuously going on for many

of them; sensible people understand that continuous thinking is not okay, so I tell them about state of meditation and thoughtless awareness.

-Virendra Summanwar, virendransys@yahoo.com



## NEWS & ACTIVITIES

This gives me an immense pleasure to share with you all that our collective from Kanpur (U.P.) was blessed and bestowed with opportunity to organize a Sahaja Yoga exhibition camp in a trade fair (Swadeshi Mela). It was a miraculous happening and again Mother taught us that we are not the doers but those instruments who put their desires on Lotus feet of Mother.

It was a single non-commercialised stall and everyone was just sliding to visit this stall and curiosity on their faces compelled us to think that whole world is waiting for us to tell about divine yoga.

It was like a seminar for us from 29th Jan to 3rd Feb. Some Muslims seekers also felt Rooh on their palms and invited us to take a programme for their community.

A public programme was also done in the fair on 2nd Feb. and more than 3000 seekers took their realization.

- Kanpur Yuvashakti

Sahaja yoga is a process of knowing and improving oneself. It gives immense peace from within. Everything is taken care by the almighty. Meditation is a process of improving oneself...

- Geddam Srilakshmi,  
geddam.srilakshmi@india.birlasoft.com

In these modern times, our daily life is often filled with stress, tension, fear and dissatisfaction. Any stupendous technological developments witnessed during the last two decades is not able to solve these problems. In this tumultuous time, slowly, the consciousness of Spirituality and human awareness is emerging in the people. Spirituality means knowing one's own spirit that solves all the problems whatsoever. Sahaja yoga has helped me in realizing this and I am sure even you can experience this by practicing Sahaja Yoga regularly. It is very common now days that everyone says "I want peace". The answer is in the question itself, Removing I (EGO) and want (DESIRE) from this phrase gives peace. The same holds good in reality, we are not having peace because our attention is loaded with lot of desires and ego. Desires come from the left channel and EGO comes from the right channel, Sahaja yoga is a form of meditation that balances our right and left channels, thereby achieving balance and peace through one's attention getting cleared from desire and EGO.

- G. Ravi, G.Ravi@delphi.com

"Kundalini awakening is the only way you are going to know your spirit. This is the most important happening in the history of creation."

Bangalore  
Yuvashakti

"Your Beautiful being, which is enlightened by the Spirit will prove to the world that Sahaja Yoga is the Truth"

M. Ravindra

"We are one personality and these are all the hands of one personality, one God"

Mumbai  
Yuvashakti

# Yuvashakti : An Insight

## **GHAZIABAD YUVASHAKTI**

Ghaziabad is situated in National Capital Region and is on the outskirts of Delhi. Further I would like to give you a brief overview of Sahaja Yoga in Ghaziabad. Ghaziabad Center was established on 15th August 1987 by the blessings of Her Holiness Shri Mataji. It has grown from a center in small room to an Ashram, which has been named as SAHAJA YOGA MANDIR by our Holy Mother. There are about 9 sub centers in Ghaziabad.

Yuva Shakti is involved in almost all the activities at Ghaziabad center from regular arrangements of weekly meditation to arrangements at seminars and public programmes.

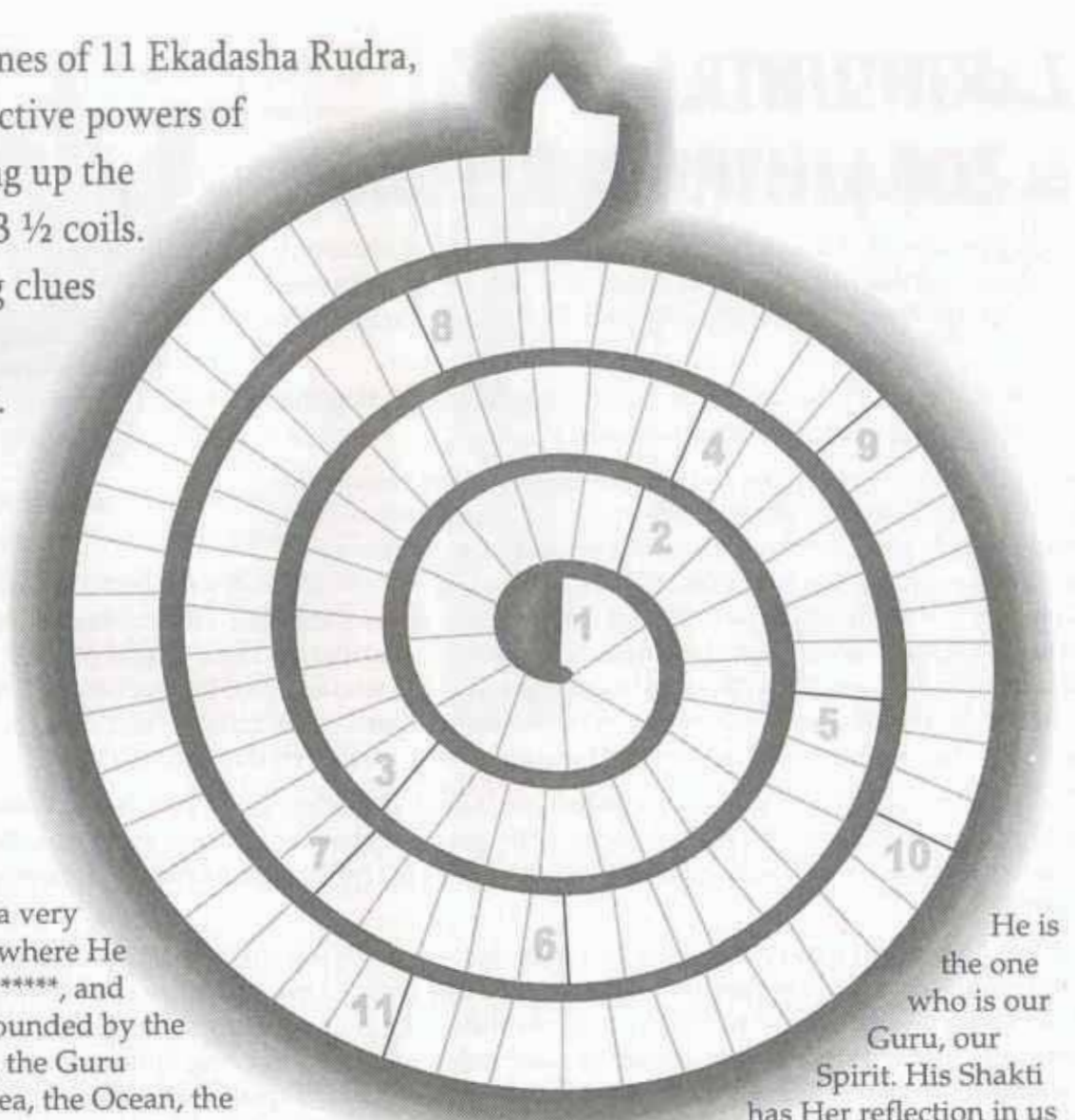
- During the past year Yuva Shakti has been involved in conducting the following programs.
- Cultural program on the occasion of Republic day which was almost of about three hours and the main attraction being play called "Surrender by angulimar to lord Buddha".
- A Yuva Shakti seminar was conducted on Id, in which almost all the topics were covered from studies to marriage and main speakers were Sh. R.D. Bhardwaj (center leader) and Dr. Lal.
- Yuva Shakti also celebrated Independence Day though drenched by rain.
- Yuva Shakti was actively involved in organizing seminar at Sahaja yoga Mandir Ghaziabad that was attended almost by around 2500 Sahaja yogi on 2nd October 2003.
- We have been actively attending workshops and seminars, which includes workshop at Delhi center and Yuva Shakti seminar at Chandigarh.
- In the month of December 2003 a program has been conducted for almost 70 students of B. Ed at Sahaja yoga Mandir Ghaziabad followed by a realization program at institute conducting classes for English, German and personality development.
- Yuva Shakti at Ghaziabad has also played a very active role in construction of Sahaja yoga Mandir Ghaziabad.

In the current year special emphasis has been laid for development of Yuva Shakti as a whole. We are organising Yuva Shakti meetings frequently and are in contact with each other. Public programme have been conducted in the villages namely Shahpur & Morta and we are looking for a spiritually fulfilling year.

## **GUJARAT YUVA SHAKTI**

- By the divine blessings of Shri Mataji, on 13th & 14th of December 03 a Gujarat Yuva Shakti seminar was arranged at Baroda through the collective efforts of all Yuva Shakti brothers & sisters. Yuva from the various parts of the Gujarat participated in the seminar. Various aspects of Yuva Shakti e.g Yuva Shakti importance in Sahaja, why, how & when it formed, about Shri Mataji, Yuva Shakti & Sahaja culture, Meditation, Treatments were discussed followed by Vande Matram , Sahaja music etc. Whole seminar was organized & arranged in unbelievable way & within short span of time.....really Divine management is beyond the all managerial concepts of human.
- One more Yuva Shakti seminar was conducted at PALANPUR on 17-18 Jan. 2004.
- In the month of February Ahmedabad Yuva Shakti performed the postering within the different areas of city, near center as a part of Sahaja Yoga public programmes. Now same will be repeated periodically within the year.
- We also had one public programme at ISRO-Ahmedabad which was also the success of Yuvas' positive & Sahaja effort.

Know the names of 11 Ekadasha Rudra, the 11 destructive powers of Shiva by filling up the spaces in the 3 ½ coils. The following clues will make it easier for you.



Ganapatipule is a very important place where He becomes 1. \*\*\*\*\*, and where he is surrounded by the Father Principle, the Guru Principle... the sea, the Ocean, the Indian Ocean.

2. \*\*\*\*\* is the mantra for back Agnya... as is also MahaGanesha.

MahaBrahmadeva and MahaSaraswati, known as collective Brahmadeva.

3. \*\*\*\*\* is the causal of Brahmadeva... first the causal is created, then the Deity.

4. \*\*\*\*\* who together with 5. \*\*\*\*\*, were the Disciple principles, born also to Goddess Sita as Luv and Kush and later as Adi Shankaracharya and Kabira, and also to Fatimahbi as Hassan and Hussein.

6. \*\*\*\*\* also known as MahaVishnu and who is the incarnation of Shri Ganesha.

7. \*\*\*\*\*, deity and His Shakti who takes incarnation again and again in the path of ascent.

He is the one who is our Guru, our Spirit. His Shakti has Her reflection in us as Kundalini. Together they are known as 8. \*\*\*\*\*.

9. \*\*\*\*\*, brother of Ganapati, also incarnated as Gyaneshwara. He has peacock as his Vahana.

10. \*\*\*\*\* provides us necessary guidance in our futuristic planning or in our mental activities. And who runs all the way from Swadisthan to our brain.

11. \*\*\*\*\*, who together took incarnation as Hazrat Ali and Fatimahbi.

11. MAHABRAHMADEVASARASWATI  
9. KARITREVA 10. MAHAHANNUMAN  
6. JESUS 7. LAKSHMINARAYANA 8. SHIVSHAKTI  
3. HIRENAYAGARBIHA 4. BUDDHA 5. MAHAVIRA  
1. MAHAGANESHA 2. MAHABHARAVA

# ZARTHUSHTRA & ZORASHTRIAN RELIGION

Zarthushttra is one of the earliest prophets in the recorded history of mankind and his teachings and revelations are being practiced today in the form of a religion known as "Zorashtrianism" or "Zoroastrianism".

He incarnated in Persia and there is a controversy regarding the date of his incarnation. The dates defer and

are put anywhere between 3000 B.C. to 8000 B.C. Shri Mataji told me that Shri Zarthushttra (who is one of the Adi Gurus stationed on our left void) incarnated not once, but several times in Persia and

hence the confusion about the dates of his incarnation. He was a seeker since birth, born to Pourushasp and Dogdo of Spitmaan clan, who practiced the ancient Mazdayasani faith. He retreated to the mountains early in life to find answers to several spiritual issues and it is said that the Lord "Ahura Mazda" Himself revealed to him the truths, which he later taught among the people who accepted his teachings. "The Gathas", five in number are the celestial songs intact in the words of Zarthushttra himself, and they form the core of the religion. They are composed in "Avesta" language which is extinct today and is a sister language of Sanskrit.

The basic tenets of the religion in a nutshell are "Good Thoughts, Good Words and Good Deeds" and the pursuit of righteousness (the path of Asha) for the sake of righteousness itself in every walk of life is the main aim and purpose of life. It is mandatory to regulate one's life by the highest standard of uprightness, truth and purity.

Zarthushttra taught that spiritual life and material or worldly life are two aspects of the same basic truth, corresponding to man's higher and lower natures. Life is not a struggle but an opportunity to overcome the base within us and slowly reach out and establish one's higher nature. His viewpoint differs thus from religious teachings of many other religions, in being optimistic, rather than taking a pessimistic view as to why human beings have to suffer. For his explanation regarding the presence of evil, Zarthushttra showed it with the help of a lantern at the court of King Vistasp, by pointing to the shadow cast by the lamp. According to him, evil (or negativity or demon or devil whatever one wants to call it) does not have a separate identity, but it exists wherever there is no light, the absence of it, is what it is. Hence, one should wage ceaseless war against the Satan and all evil temptations and after surmounting all handicaps get empowered and strengthened when victory is attained over our weaknesses. At all times, one must have unquestioning faith in the Divine Justice, so that in weal and woe, one has absolute trust in the Divine Plan which knows what is good for us. There is to be neither doubt nor grievance against God's governance, but humbly submit to His will and honour His orders. This is a very remarkable teaching in the fact that it explains in a new way, the presence of contradictions that we encounter within ourselves and in the universe around us. Till today, they continue to baffle human beings and Zarthushttra's teachings so early in the history of man's consciousness, are truly remarkable.

Shri Mataji Nirmala Devi explains the same thing in Her talks when She talks about the negativity which we experience, as we get cut off from reality -- the truth, when we get caught between the folds of a cloth or sari and experience the contradictions.

Zarthushttra's religion is very forward thinking and does not ask its followers to get caught in a guilt trap or to give up living in life or torture the body for attaining the truth and higher life. If a man does wrong and realizes it, he can simply repent from his heart and get on his life. Zarthushttrian religion, not being an



organized religion like Hinduism, gives ample freedom to an individual to understand and live his life according to its principles. Man is not a helpless being, tossed around by circumstances beyond his control, but he gets a chance to realize and learn from his past mistakes, grow in understanding and slowly become worthy of lending a helping hand in the plan of God. We see actualization of this in Sahaja Yoga today.

However, today we find that just like any other religion, in the practice of Zarthshtrian religion also, much needs to be desired. The "Parsis" are a set of people from "Pars" district in Persia (now Iran), who came to India sometime about 1400 years ago, seeking shelter in Gujarat on the west coast of India, in the kingdom of King Jadav Rana. In order to preserve their religion from Arab invaders, they decided to sail out from their homeland. It is this single most majority group who made India their home and now reside mainly in Mumbai, which they helped to build up. More recently, a lot of them have emigrated to the



West, mainly in U.S.A., Canada, U.K., Australia and New Zealand and it is jokingly said that there is hardly a place on earth, where you won't find a stray Parsi. This is a tribute to their adaptability, hard working and honest nature and a gift of assimilation, which makes them equally at ease with all and be acceptable by them in return.

It is to be understood that "Zorashtrianism" is a religion and "Parsi" is a race and today, most of the Parsis are Zorashtrians. However, you also find Zorashtrians in present day Iran, Pakistan, Russia, Kurdistan, Uzbekistan, Tajikistan, Azerbaijan and Achaemenia.

Except "The Gathas" in Avesta language, which are direct expressions from the Prophet himself, most of our scriptures are mainly in Pahlavi and Pazand languages, which are also not spoken today. These are later-day additions. Besides, many of our scriptures are lost to posterity, when Emperor Alexander burnt down libraries housing them, during one of his conquests.

The deeper core of teachings of any religion are is couched in metaphors and allegories and this is the reason, why most of it is open to wrong interpretations and controversies. Since none of the languages in which the Zorashtrian Scriptures are written are languages in use today, the problem is further compounded. The priests, who are supposed to interpret teachings to people are thus themselves at a losslost, going more by the letter meaning of the words rather than by its spirit, and hence try to make up for it by their adamancy and strong-arm tactics. In all thisthese, the main purpose of any religion is lost and that is to keep the human-being on the right path, ultimately leading to self-realization or enlightenment, is lost. Religion becomes something very small and rituals, customs and traditions take the place of something much loftier, which is neither understood nor realized.

Many people have a false notion that "Parsis" are fire-worshippers, as their temples are called fire-temples. It is true that the fire is kept burning day and night in a receptacle in the innermost sanctum, but this is simply symbolic to remind them constantly of a spiritual fire burning within.

My single-most argument is that no religion is made by God, but that it is a man-made thing, created to encompass the truths and teachings, made at a certain point of time in history, suitable to the time and circumstances, which are revealed directly by an incarnation or through a prophet. When I say, I am a

Zorashtrian, or a Hindu or a Muslim or a Sikh; it simply means that I am born in a family which professes to follow that particular religion. However, experience often shows that those practicing a certain religion hardly know much about it, or at best know these only superficially. The only point on which all adherents seem to agree is that "My religion is the best, although I respect all religions"! Hence, the jig-saw puzzle remains very much incomplete, due to a limited lop-sided view.

Like most other religions, the Zorashtrian religion also points to a day of judgment known as "Fresho Kareti" (Farsho- Karaiti), when absolute truth will be revealed and everyone will get their due according to their past and present deeds. We Sahaja Yogis know that this time is already upon us now and we as human-beings are all one belonging to the same collective and that the vibrations give us an access to the absolute truth. Today, Collective Consciousness is the true religion --or spiritualism, as some prefer to call it. This is true religion from within, not something which is forced from outside. Sahaja Yoga is the culmination, actualizing the promise made by all the religions, interpreting the spirit behind each of them and integrating them into a unified whole.

Mazdayasani faith: it's the ancient religion that was followed when Zarthushtia borned.

Ahura Mazda : Ahura is Shri Sadashiwa & Mazda is the Shakti, the feminine part..

Gathas: These are the songs / poetry that Zarathustra wrote. We can take them just like the poetry

that Sant Tukaram wrote which are called Tukaram's Gatha.

## YUVADRISHTI

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# विश्व वन्दिता

विश्व वन्दिता....निर्मला माता,

Oh Mother Nirmala, You are the one whom the whole world offers prayers

सर्वपूजिता.....निर्मला माता

Oh Mother Nirmala, You are the one who is worshipped everywhere

ब्रह्म स्वरूपिणी, योग निरूपिणी,

The one who is in the form of Brahma, the giver of Yoga

शुभदाम् वरदाम् नमो नमः

Giver of auspiciousness, benevolence and boons, we bow to you

विश्व वन्दिता....निर्मला माता, सर्वपूजिता.....निर्मला माता

जगत जननी निर्मला,

Mother of the whole world, giver of birth to everybody,

मूल प्रकृति अखिलेश्वर की,

You are behind the whole Nature created by God

नित्या सत्या सनातना

You are all the time everywhere everfresh, You are the truth

पराशक्ति परमेश्वर की,

You are from the beginning to the end, the power of god almighty.

विश्वधारिणी, मंगल कारिणी,

You are the one who gives support to the whole world and takes care of the benevolence of Her devotees

शुभदाम् वरदाम् नमो नमः

विश्व वन्दिता....

सहजयोगिनी निर्मला,

Oh Mother Nirmala, giver of Sahaja Yoga

निराश्रया सर्वेश्वरी,

The one who gives refuge to everybody and the Goddess of all

प्रेम मूर्ति भक्त वत्सला

The one who is in the form of love, affectionate and loving to Her devotees

स्नेहमयी मातेश्वरी,

Our loving Mother,

भक्ति प्रदायनी, मुक्ति प्रदायनी,

You are the giver of bhakti (devotion),

You are the giver of salvation

शुभदाम् वरदाम् नमो नमः

विश्व वन्दिता....

प्रगट सगुणा निर्गुणा

You are in the form of Sagun

(with all the gunas), You are in the form

of Nirguna (Beyond gunas)

रिद्धि सिद्धि की दात्री है,

You are the giver of right rituals

and siddhis (powers)

सौम्या सरला महामना

You are soft, simple, natural always

in balance and You are Mahamaya

(the Supreme Illusion)

पाताजलि गुण पात्री है,

You are the One described in

Patanjali (Yoga)

घट घट वासिनी, आत्मविकासिनी,

Living in every particle, nourishing

our Atma and Kundalini

शुभदाम् वरदाम् नमो नमः





