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

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SHRI MATAJI: ON MEDITATION

In the morning you get up, have your bath, sit down, take some tea; don't talk. Don't talk in the morning sit down, meditate because at that time the Divine rays come in, the Sun comes afterwards. That's how the birds get up. That's how the flowers get up. They're all awakened by that, and if you are sensitive you will feel that by getting up in the morning you will look at least ten years younger. Really, it's such a good thing to get up in the morning and then, automatically you sleep early. This is for getting up, for sleeping I need not tell because that you'll manage yourself. Then, in the morning time you should just meditate.

In meditation try to stop your thoughts. Watch My photograph with open eyes and see that you stop your thoughts. You should stop your thoughts, then you go into meditation. The simple thing to stop your thoughts is the Lord's Prayer, because that's the Agnya state. So in the morning you remember Lord's Prayer or Ganesha's mantra. It's just the same. Or you even say "I forgive", So you can start with Ganesha's mantra, say Lord's Prayer and then say "I forgive". It works out. Then you are in thoughtless awareness. Now you meditate. Before that, there's no meditation. When the thoughts are coming or "I have to take tea", "what shall I do", "now what have I to do", "who's this and who's that", all this will be there. So first you become thoughtlessly aware, then the growth of spirituality starts after thoughtless awareness, not before. One should know that. On rational

plane you cannot grow in Sahaja Yoga. So first thing is to establish your thoughtless awareness; still you might feel little chakra blockages here and there; forget it. Just forget about it.

Now start your surrendering. Now if a chakra is catching, you should say "Mother, I surrender this to You". Instead of doing any of these things you can just say that. But, that surrendering should not be rationalised. If you're still rationalising and worrying - why should I say this, it will never work out. If there's pure Love and purity in your heart that's

the best thing; that to do so is to surrender.

Leave all the worries to Your Mother. Everything to Your Mother. But surrendering is one point that is very difficult in ego-oriented societies. Even talking about that, I feel a little bit worried.

But if there's any thoughts coming in to you or any chakra catching, just surrender. And you'll see that the chakras are cleared up. In the morning time you do not go on putting this way, that way, nothing; don't move your hands too much in the morning. You'll find most of your chakras will clear out in the meditation.

Try to put your Love in your heart. Just try in your heart and there, try to put Your Guru, in the core of it. After establishing in the heart, we must bow to that with full devotion and dedication. Now whatever you do with your mind after realisation is not imagination because now your mind, your imagination, is itself enlightened. So project yourself in such a way that you humble down at the Feet of Your Guru,



Your Mother.

And now ask for the necessary temperament needed for meditation, or atmosphere needed for meditation. Meditation is when you are one with the Divine.

Now if there are thoughts coming in first you have to say the first mantra, of course, and then watch inside. Also, you must say the mantra of Ganesha, will help some people, and then you should watch inside and see for yourself which is the biggest hurdle.

First the thought now for the thought you have to say the mantra of Nirvichara.

Om Twameva Sakshat Shri Nirvichara Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namah

Now come to the hurdle of our ego. You see the thought has stopped now no doubt, but there is still a pressure on the head. So if it is ego, you have to say:

Om Twameva Sakshat Shri Mahat Ahamkara Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi Namoh Namah

Mahat means the great, Ahamkara means the ego. You say it thrice. Now, even now, if you find that ego is still there, then you have to raise your left side to push it back to the right side. With your hand, one hand towards the photograph.

Push the left side higher and the right side lower so the ego and the superego get the balance. Do it seven times. Try to see how you are feeling inside, you see.

So once you have given yourself a balance, then, the best thing is to pay attention to your emotions, to Mana Shakti. Watch them. You can enlighten your emotions, by thinking of Your Mother, Right? Just enlighten them.

This solves all the problems. Whatever are the problems in the Mana. So once you are connected to those emotions and you start looking at them in your meditation you will see these emotions are rising within you and if you try to put these emotions on your Mother (as they say at the Lotus Feet of your Mother), they, those emotions, will start dissolving and they'll

become sort of, expanded. Expanse you see. You will extend them in such a way that you will feel you are in control of them and by controlling those emotions your emotions are expanded, enlightened and powerful.

Now what you do is to watch your breathing. See now, try to reduce your breathing; reduce it, in the sense that you have breathed out, wait for a while, then breathe in. For a long time. Then you breathe out. So during one minute your breathing will be less than normal, Alright? Try that, keep the attention on the emotions, you see? So that the connection is established.

Better? See, the Kundalini rises. Now, when you are breathing, you find that there is a space in-between which you just leave vacant. Breathe in. Keep it there. Now breathe out and keep breathing out. Now breathe in. Now start breathing in such a way, that you really reduce your breathing. Your attention should be on your heart or it could be your emotion, it's better to keep the breath inside for a while. Hold it. Bring it out. Hold out. Then keep it outside for a while. Then again. Then you'll find that for a while you will not breathe. Good. See, you're settled now. The Laya takes place between your Prana and your Mana. Both the Shaktis become one.

Now raise your Kundalini up on top and tie It up. Again, raise your Kundalini up on the head and tie It up. Again, raise your Kundalini and tie It up thrice.

Now at the Sahasrara you should say the mantra of Sahasrara thrice.

Om Twameva Sakshat Shri Kalki Sakshat Shri Sahasrara Swamini Moksha Pradayini Mataji Shri Nirmala Devi Namoh Namah

Now its open now, if you see, now you can open again your Sahasrara like this.

And see that you are stationed there Once this has been done then you go into meditation.

Reduce your breathing, will be better. You reduce your breathing as if stopping it, but no exertion about it.





Raja Janaka

yogi must overcome his desires. While explaining the need of balance in daily life, he said that a man who has a quite temper and sound intellect takes success and failure in the same light and is not elated in times of pleasure nor depressed in times of pain. Shri Mataji has emphasized on maintaining balance in our daily life and has said that true ascent can only be achieved while maintaining balancing.

“You all might be knowing about King Janaka. Nachiketa thought that this King Janaka who has crown on his head, he has all slaves and servants, there is dance going in front of him. When he comes in our Ashram my guru touches his feet? How is it that he is so great? So his Guru said to him that he should himself go and see. Nachiketa went and stood in front of Janaka and said, “Please give me self realization, My Guru has said that you can give self realization, so please give me self realization” King Janaka said, “look, if you would have asked me whole universe I would have given but I cannot give you realization, reason being that one who doesn't know the subtle aspect of it then what is the use of giving it to such human being? The one who will understand its subtle aspect can only get deeper into it.” So, the tattwa of Prapancha is ‘Pr’ which means the light. Untill unless it is awakened within you all.....you will remain in ‘Pancha’ (means ‘five’, the five elements through which our evolution took place) and cannot enter in ‘Prapancha’. When

Raja Janaka was an incarnation of Shri Adi Guru Dattatreya. He was the son of King Hrasvaroma from the dynasty of the great King Nimi. His name was ‘Seer Dhawaja’ Janaka. Seer means plough and Dhawaja means flag signifying one who has a plough on his flag. ‘Janaka’ also means ‘one who looks after, understands and cares for his subjects’. He was the disciple of great sage Yajnavalkya.

Raja Janaka believed in attaining the highest state (yogic state) while maintaining balance and advised to conquer the enemies within us one at a time. On the path of ascent, a

Nachiketa asked the above question to King Janaka. King Janaka asked Nachiketa to be with him. But at last Nachiketa understood that this man (King Janaka) has no attachments. He is not worried at all, neither he has any sticking with worldly things or what we call as world. He is like an ascetic. He will wear crown on his head of king and sleep on the ground, like a real Emperor. He doesn't need any comforts, sometimes he will sleep on soft bed...sometimes lie on the ground....like an Emperor within. He is not worried of anything, he is not caught by anything. The one who is in prapancha never gets effected by any comfort or any slavishness towards material. Even if you ask him to sleep by resting his head on stone, he can sleep. Ask him to eat anything, without taste...he can eat and also he can eat in parties."

-Shri Mataji Nirmala Devi ("Prapancha and Sahaj Yoga", 26.11.84)

Though Raja Janaka was engaged in preserving a kingdom and was a great ruler, he was never attached to Mithila (Raja Janaka's kingdom). According to Raja Janaka, his enormous wealth and kingdom did not belong to him. The idea of not being bound to the world gave him constant joy and happiness. He would never be affected by any source of happiness or sorrow. Shri Mataji has advised Sahaja Yogis to detach themselves from worldly things innately. While maintaining the households, Shri Mataji has told us to give up the desires/thoughts of 'we' having worldly possessions. The concept of detachment must be imbibed by every Sahaja Yogi.

Raja Janaka emphasized on having a balanced attention. The story of Shri Narada and a bowl of milk is an emblem of balanced attention. Once Shri Narada asked Raja Janaka the reason for being called a 'Videha'. Raja Janaka told Shri Narada that he will answer his question later in the day. In the meantime, Raja Janaka gave Shri Narada a bowl of milk to carry. The bowl was full of milk to the extent that slightest movement of the bowl was enough to spill the milk. Shri Narada followed Raja Janaka everywhere he went with the bowl of milk. Shri Narada was very careful in handling the bowl as he did not want to spill the milk.

When they retired for the evening, Shri Narada told Raja Janaka of being tired of carrying the bowl of milk. He requested Raja Janaka to explain him the reason of him being known as a 'Videha'. Raja Janaka asked Shri Narada "First of all tell me what you have seen?" Shri Narada said "Nothing, except the bowl of milk." Raja Janaka asked him "Didn't you see there was a big procession in my honor, then there was a court wherein there was a program of dancing? Didn't you see anything?" Shri Narada told Him that he had not seen anything due to the bowl of milk. To this, Raja Janaka said that even he did not see anything. Every moment, he watched his attention. He made sure that his attention never spilled like milk. His attention was always fixed on his spirit.

Shri Mataji has spoken about Chitta-Nirodha. She said that Sahaja Yogis can develop this state by watching their attention. Our attention should not be on worldly and

materialistic possessions but on ourselves. Instead of thriving to save our worldly possessions, we must thrive to save our attention. Raja Janaka was beyond the conceptions of planning, existence, and emotions. It is important for Sahaja Yogis to attain Videha state through meditation and cross the boundaries of planning and emotions.

Every incarnation has an associated 'Shakti'. Shri Seetaji, the daughter of Raja Janaka, was his Shakti. Raja Janaka found Seetaji in the form of an infant while ploughing the land for yajna. Being uncovered by the edge of a plough, he named her Seeta. Seetaji was also known as Janaki- the beloved daughter of Raja Janaka. 'Seeta' literally means a furrow, a track of a plough shore. It is understood that Raja Janaka's palace was extremely beautiful due to the influence of Janaki. Since only a very exceptional man could be considered worthy of Seetaji, Raja Janaka arranged a Swayamavara. The Swayamavara was attended by many princes. The prince who could lift, bend and string the bow of Shri Shiva gifted by Varuna to Raja Janaka would marry Seetaji. Only Shri Ram could lift the heavenly bow. Thus, Shri Ram and Seetaji got married.

While teaching karma yoga to Shri Arjuna, Shri Krishna gave the example of King Janaka attaining perfection by performing selfless work directed towards the well being of all. Raja Janaka was a brave king. Though peace loving by nature, he fought all the wars thrust on him by aggressive kings. He was well versed in shastras and Vedas as any sage of that time. He promoted and supported the sages and scholars who were following the path of 'Jnana' - the central path.

We see that the entire life of Raja Janaka is an inspiration for all Sahaja Yogis. His principles are directly reflected in Sahaja Yoga. Shri Mataji has told us to work on these principles with the help of Sahaja Yoga. Once Raja Janaka told Suka that knowledge is within us; it is only to be uncovered. This is a reference to the hidden powers of human beings. Shri Mataji has spoken about the manifestation of these powers. All the hidden powers are uncovered when 'kundalini shakti' is awakened by the divine grace of our Mother.

"There is only one pure desire and that is to be one with the divine."

—●—
Mumbai
Yuvashakti

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

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Devi's Yantra : The Shri Chakra

Each deity has a yantra of his/her own. Pujas to Shri Vishnu are not performed using yantra or instruments. Only in the case of the goddess Amba the Shri Chakra is used to invoke her blessings. Mantra and Tantra form the two aspects of worship unto divine. Chanting of sounds arranged in a particular sequence bring the worshipper closer to that divine form. The sound forms in a mantra actually represent the forms of that particular deity. Along with this sound form the deity can also be represented diagrammatically. Each part of the yantra is not just a geometric representation but an instrument of immense power. In fact the yantra not only stands for a deity but also for his/her place of residence.

The Shri Chakra consisting of lines, circles, squares and triangles all form a part of the chakra. The yantra has a central Bindu or a dot. Designs like this have the capacity to grasp the power of various deities and repulse the effect of evil powers.

The middle portion of the chakra consists of 9 distinct triangles which criss-cross one another to form 43 triangles. The central dot is also considered as a triangle so that, there are 44 triangles in all. These 44 triangles are arranged in the form of 6 avarnas (Avarna means concealing or covering). In the diagram the similar colored ring formed by a set of triangles represents an avarna. The central dot is also regarded as an avarna so that there are 6 avarnas in all. There are shastras that deal with the presiding deity reside in which avarna, what truth it conveys, what blessings can be invoked by that deity and what mudra belongs to each avarna.

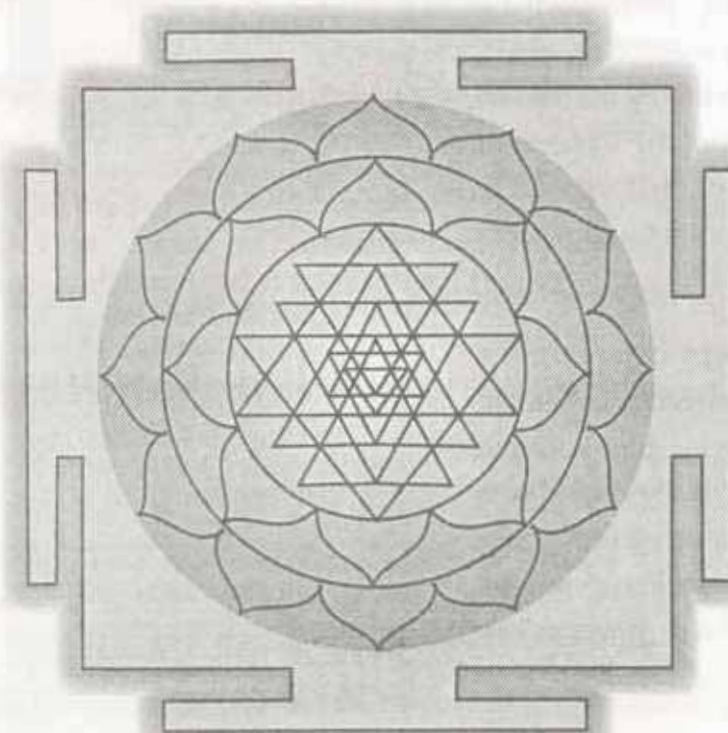
Apart from these 6 there are more avarnas so in all they are navvarnas (literally translated as 9 covers)

A great caution has to be invoked in using this diagram. This instrument of immense power can bring different results if not represented correctly.

A yantra actually represents the place of residence of a deity. On the other hand it is also itself representative of that deity. (often Shri Chakra is considered the third place of residence of goddess Amba apart from the mount 'Meru' and the ocean of Ambrosia) Shri Chakra can also be represented in 3-dimensional form when each avarna form its own peaks built tier upon tier in a conical form called 'Meru'.

Goddess Amba bestows us the 'Nitya-Shri' or the imperishable beatitude, the wealth of and unsurpassed bliss of the Atma. That is why in The Lalitha-Sahasranaman the first name of the goddess is Shri-Mata. In consonance with this everything attached to her is prefixed with Shri (Shri Vidya or Shri Chakra).

- The above excerpt has been taken from
Saudaryalahari.



ब्रह्मा देव के बेटे: नारद मुनी

ब्रह्मा देव के बेटे नारद मुनी के बहुत सारे किस्से देवी महात्म्य में मिलते हैं। शास्त्रों में वर्णित नारद, इंद्र की तरह, टी. व्ही. पर कई बार दिखाए गए हैं। लेकिन उनके जीवन में और भी बहुत सी घटनाएँ हुईं जो बड़ी रोचक हैं। जैसे, उनका मनु-पुत्र के रूप में दुसरा जन्म; उनका श्री राम को नवरात्री पूजन करने के लिए मार्ग दर्शन देना; इन अनोखी घटनाओं का वर्णन देवी महात्म्य के अलग-अलग पाठों में मिलता है। आईए, इन किस्से कहानियों को नजदीक से देखें और उनका लाभ उठाए।

नारद मुनी का मानव जन्म

नारद मुनी और मनु, श्री ब्रह्मा देव की संतान हैं। सृष्टी के निर्माण के कार्य का कार्यभार मनु को सौंपा गया था। मनु के हजारों पुत्र थे। लेकिन, नारद मुनी, जो मनुष्य नहीं थे, उन मनु-पुत्रों को अपनी बुद्धिमत्ता से किसी ना किसी तरह डरा देते थे, इस कारण सारे मनु-पुत्र घर त्याग कर चारों दिशाओं में चले गए। पुत्रों के चले जाने पर मनु को दुःख पहुँचा। उन्होंने कई हजार पुत्र और पैदा किये, पर वे भी नारद मुनी की वाणी के प्रभाव से कहीं दूर-दूर चले गए। इस तरह, मनु बार बार पुत्र जनते और नारद उन्हें भगा देते। फिर मनु से ये देखा ना गया और उन्होंने नारद को श्राप दिया कि तुम भी मेरे पुत्र बन कर मानव जन्म लोगे। इस श्राप वश नारद मुनी ने इन्सान के रूप में जन्म लिया।

इस तरह धरती पर मनुष्य जाति हर कोने तक फैली, और इस कार्य को नारद मुनी के द्वारा सम्पन्न किया गया।

श्री राम के प्रेरणा रूप श्री नारद

रामायण में सुग्रीव और बाली के बीच, किष्किंधा में युद्ध हुआ। श्री राम की कृपा से सुग्रीव ने बाली को हराया। युद्ध के पश्चात श्री राम सीताजी की याद में चिन्तित हो गये। इस कारण उन्होंने भुला

दिया था कि वे विष्णु के अवतार हैं। उन्होंने लक्ष्मण के समक्ष अपना दुःख प्रकट किया। श्री लक्ष्मण भी उन्हें सहानुभूती देने लगे। इस क्षण, नारद मुनी ने आकर श्री राम और श्री लक्ष्मण को दर्शन दिये। नारद ने श्री राम को नवरात्री पूजन करने की सलाह दी। श्री राम ने पूर्ण श्रद्धा के साथ नवरात्री पूजन किया। पूजन के अन्त में श्री

आदी

शक्ति ने श्री राम को दर्शन दिये और विस्तार पूर्वक सारी बातें बताईं कि श्री राम विष्णु के अवतार हैं, और सारे देवी देवता उनके साहयता के लिए तत्पर हैं; तथा रावण ने सीताजी की परछाई मात्र को अशोक वाटिका में रखा है; सीताजी को सीधे स्वर्ग से भोजन पहुँचाया जाता है, इत्यादी। इस प्रकार, नारद श्री राम के देवी साक्षात्कार के साधन बने।

राज्य शासन में युधिष्ठिर को नारद की सलाह

नारद मुनी ने हर युग में भूमिकाएँ निभाई हैं। इसी लिए हर ग्रन्थ में उनको सम्मान पूर्वक उच्च स्थान दिया गया है। इसका एक उदाहरण है, राज शासन के उपलक्ष्य में युधिष्ठिर को दी गई सलाह : अपने अस्त्र-शस्त्र सदैव तैयार रखो, नौकरों को प्रेम से रखो, सैनिकों की तन्ख्वाह समय पर दो, किसानों को कृषी-कार्य के लिए उचित साधन-सामान दो। ये सारी बातें आज भी हमारे आधुनिक वित्त मन्त्रालय में भी लागू होती हैं। इस प्रकार, नारद मुनी का विवेक स्पष्ट होता है।

नारद का अर्थ

नारद शब्द दो शब्दों से बना है : नर (बहुजनहिताय) और द (दायक)। नारद मुनी का कार्य बहुजन के हित में अपनी वीणा और वाणी का प्रयोग करना है। माना जाता है कि नारद मुनी ने वीणा का अविष्कार किया। वीणा हाथ में



ब्रह्म देव के बेटे नारद मुनी के बहुत सारे किरसे देवी महात्म्य में मिलते हैं। शास्त्रों में वर्णित नारद, इंद्र की तरह, टी. व्ही. पर कई बार दिखाए गए हैं। लेकिन उनके जीवन में और भी बहुत सी घटनाएँ हुईं जो बड़ी रोचक हैं। जैसे, उनका मनु-पुत्र के रूप में दुसरा जन्म; उनका श्री राम को नवरात्री पूजन करने के लिए मार्ग दर्शन देना; इन अनोखी घटनाओं का वर्णन देवी महात्म्य के अलग-अलग पाठों में मिलता है। आईए, इन किरसे कहानियों को नजदीक से देखें और उनका लाभ उठाए।

नारद मुनी का मानव जन्म

नारद मुनी और मनु, श्री ब्रह्म देव की संतान हैं। सृष्टि के निर्माण के कार्य का कार्यभार मनु को सौंपा गया था। मनु के हजारों पुत्र थे। लेकिन, नारद मुनी, जो मनुष्य नहीं थे, उन मनु-पुत्रों को अपनी बुद्धिमत्ता से किसी ना किसी तरह डरा देते थे, इस कारण सारे मनु-पुत्र घर त्याग कर चारों दिशाओं में चले गए। पुत्रों के चले जाने पर मनु को दुख पहुँचा। उन्होंने कई हजार पुत्र और पैदा किये, पर वे भी नारद मुनी की वाणी के प्रभाव से कहीं दूर-दूर चले गए। इस तरह, मनु बार बार पुत्र जनते और नारद उन्हें भगा देते। फिर मनु से ये देखा ना गया और उन्होंने नारद को श्राप दिया कि तुम भी मेरे पुत्र बन कर मानव जन्म लोगे। इस श्राप वश नारद मुनी ने इन्सान के रूप में जन्म लिया।

इस तरह धरती पर मनुष्य जाति हर कोने तक फैली, और इस कार्य को नारद मुनी के द्वारा सम्पन्न किया गया।

श्री राम के प्रेरणा रूप श्री नारद

रामायण में सुग्रीव और बाली के बीच, किष्किंधा में युद्ध हुआ। श्री राम की कृपा से सुग्रीव ने बाली को हराया। युद्ध के पश्चात श्री राम सीताजी की याद में चिन्तित हो गये। इस कारण उन्होंने भुला दिया था कि वे विष्णु के अवतार हैं। उन्होंने लक्ष्मण के समक्ष अपना दुख प्रकट किया। श्री लक्ष्मण भी उन्हें सहानुभुती देने लगे। इस क्षण, नारद मुनी ने आकर श्री राम और श्री लक्ष्मण को दर्शन दिये। नारद ने श्री राम को नवरात्री पूजन करने की सलाह दी। श्री राम ने पूर्ण श्रद्धा के साथ नवरात्री पूजन किया। पूजन के अन्त में श्री आदीशक्ति ने श्री राम को दर्शन दिये और विस्तार पूर्वक सारी बातें बताई कि श्री राम विष्णु के अवतार हैं, और सारे देवी देवता उनके साहयता के लिए तत्पर हैं; तथा रावण ने सीताजी की परछाई मात्र को अशोक वाटिका में रखा है; सीताजी को

सीधे स्वर्ग से भोजन पहुँचाया जाता है, इत्यादी। इस प्रकार, नारद श्री राम के देवी साक्षात्कार के साधन बने।

राज्य शासन में युधिष्ठिर को नारद की सलाह

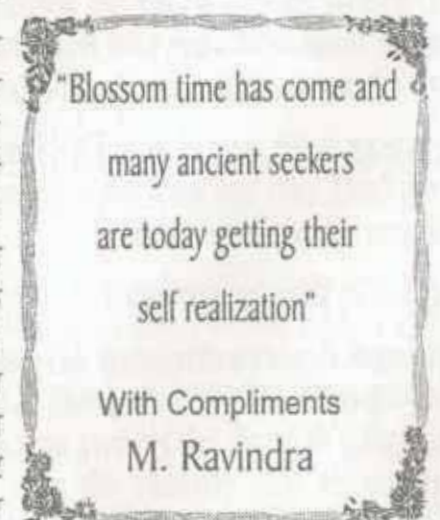
नारद मुनी ने हर युग में भूमिकाएँ निभाई हैं। इसी लिए हर ग्रन्थ में उनको सम्मान पूर्वक उच्च स्थान दिया गया है। इसका एक उदाहरण है, राज शासन के उपलक्ष्य में युधिष्ठिर को दी गई सलाह : अपने अस्त्र-शस्त्र सदैव तैयार रखो, नौकरों को प्रेम से रखो, सैनिकों की तन्ख्वाह समय पर दो, किसानों को कृषी-कार्य के लिए उचित साधन-सामान दो। ये सारी बातें आज भी हमारे आधुनिक वित्त मन्त्रालय में भी लागू होती हैं। इस प्रकार, नारद मुनी का विवेक स्पष्ट होता है।

नारद का अर्थ

नारद शब्द दो शब्दों से बना है : नर (बहुजनहिताय) और द (दायक)। नारद मुनी का कार्य बहुजन के हित में अपनी वीणा और वाणी का प्रयोग करना है। माना जाता है कि नारद मुनी ने वीणा का अविष्कार किया। वीणा हाथ में लेकर वे तीनों जहाँ में प्रवास करते हैं। उनकी देव और दानव, दोनों से दोस्ती है। क्षेत्रज्ञ की तरह वे सारे जहाँ की खबर दुनिया भर में प्रसारित करते हैं। इसी कारण अगर कहीं भी पाप या अन्याय बढ़ता है तो कोई ना कोई उसे रोकने का प्रयास जरूर करता है। अधिकतर ऐसा ही होता है कि बड़ी समस्याओं का निदान सिर्फ देवी के द्वारा ही किया जाता है।

द्विजा नारद : मनुष्य जीवन का माहात्म्य :

नारद इतने बड़े आत्मसाक्षात्कारी कैसे बने? उनको अनन्य भक्ति कैसे मिली? ये मनुष्य रूप में जन्म इतना आवश्यक क्यों है? इन गहरे प्रश्नों का उत्तर नारद की व्युत्पत्ति में मिल सकता है। नारद पहले एक गंधर्व थे। उनका काम था दिव्य संगीत रचना। एक बार उनका चिन्ता



Four petals of Mooladhara

The petals are like catchment areas for the blessings or powers bestowed upon us by our Holy Mother.

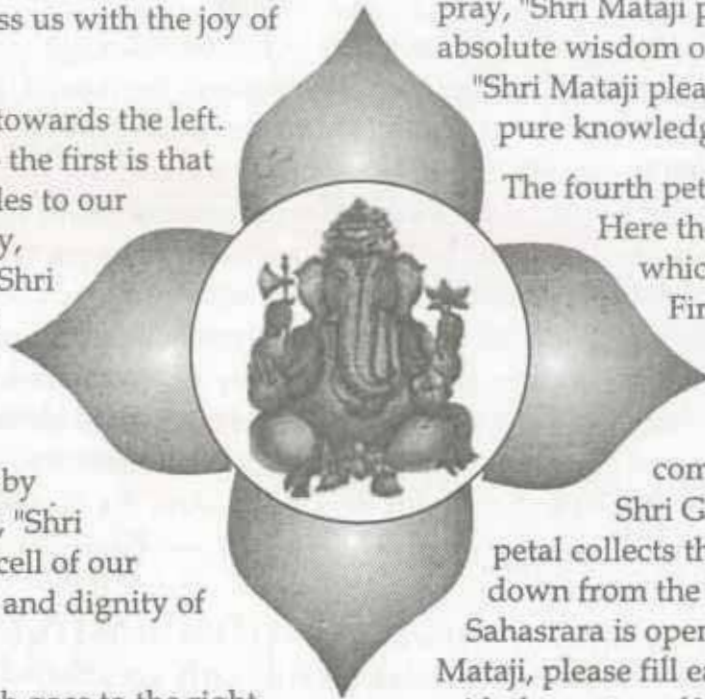
The first petal goes in a downward direction towards the ground. It holds the joy of the Brahmanand- the pure and absolute joy of the divinity. So we can pray "Shri Mataji, please bless us with the joy of Brahmanand".

The second petal goes towards the left. It holds two blessings - the first is that He removes the obstacles to our ascent. So, here we pray, "Shri Mataji, please let Shri Ganesh Tatwa remove all the obstacles to our Ascent". Secondly it holds the majesty and dignity that is brought by pure Spirit, so we pray, "Shri Mataji, please fill each cell of our being with the majesty and dignity of the pure Spirit".

Third is the petal, which goes to the right. Here there are three qualities, first, the absolute dedication and surrender of Shri

Ganesha to our Holy Mother. We pray, "Shri Mataji, please fill every cell of our being with the complete dedication and surrender of Shri Ganesha to Your Holy Lotus Feet". Secondly, the wisdom which Shri Ganesha endows and thirdly the pure knowledge of the divinity. So here we pray, "Shri Mataji please bless us with the absolute wisdom of Shri Ganesha" and "Shri Mataji please bless us with the pure knowledge of Your Divinity".

The fourth petal then goes upwards. Here there are two blessings which the petal holds. Firstly, the complete fearlessness, so we pray "Shri Mataji please bless us with the complete fearlessness of Shri Ganesha". Secondly this petal collects the amrut that trickles down from the Divine when the Sahasrara is open, so we pray "Shri Mataji, please fill each cell of our being with the nectar of Your Divine Love".



The sinner is dead, the egoistical is not there, the frightened one is gone for ever. You are a prophet. Rise in the Glory of that personality.

With Best Compliments from:

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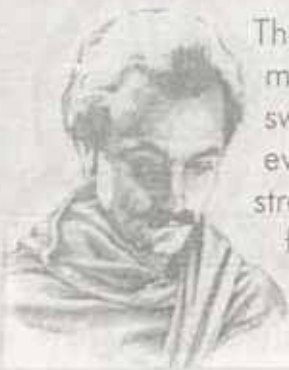
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Kahlil Gibran: A Poignant Voice of Wisdom

Kahlil Gibran, (1883-1931) was a poet who glimpsed the wisdom of the Divine while writing from the voice of a humble writer. A deeply realized soul, he was born in Lebanon, and wrote in Arabic for the first part of his life. He had a deep love of the Mother principle, and felt that one's Mother is an angel given by God that always watched over her child.

A writer whose poetry has been translated into twenty languages, Gibran is unique in his voice of soul in union with vibrations. His images, which accompany his work, have been compared to William Blake's.



Mother

The most beautiful word on the lips of mankind is the word, "Mother", and the most beautiful call is the call of "My Mother". It is a word full of hope and love, a sweet and kind word coming from the depths of the heart. The mother is everything - She is our consolation in sorrow, our hope in misery, and our strength in weakness. She is the source of love, mercy, sympathy and forgiveness. He who loses his mother loses a pure soul who blesses and guards him constantly.

Everything in nature bespeaks the mother. The sun is the mother of Earth and gives it its nourishment of heat; it never leaves the universe at night until it has put the Earth to sleep to the song of the sea and the hymn of birds and brooks. And this Earth is the mother of trees and flowers. It produces them, nurses them, and weans them. The trees and flowers become kind mothers to their fruits and seeds. And the mother, the prototype of all existence, is the eternal spirit, full of beauty and love.

~~~From Broken Wings~~~

Imbued with the mysticism of his culture, he went to the United States with relatives in his early years. Losing his mother and other close relatives at an early age affected him and brought him to look at the inner side of life. The result is work that expresses deeply the Guru principle in a biblical style of poetry and with a forthrightness of speaking from Divine Inspiration.

He actually spent some of his first years in America in the ethnic quarter of the South end of Boston. Prejudice was deep in the city at that time, but he somehow was taken under the wing of teachers and artists of the local intellectual community and given opportunities that most working-class children did not have. He later returned to Lebanon for university studies. He wrote in English language during the last twenty years of his life.

If you haven't already read it, *The Prophet* is a best first step for reading Gibran. A best selling book when it was first published in 1923, it resurfaced in seeking circles in the 60's and 70's. Reading it now with the eyes of a yogi, *The Prophet* gives the reader the experience of a teacher of eternal wisdom. For example, in the chapter entitled "On Children", Gibran strikes a profound chord on the special nature of children that is especially akin to Shri Mataji's words.

Continue on your adventure with *Jesus Son of Man: His words and His deeds as told and recorded by those who knew Him*. This book is a picture of Christ, full of living energy and overflowing with





wonder, painted through the reflections of His disciples as well as others from the New Testament. A work of breathtaking imagination, Jesus Son of Man is imbued with a sense

of Ganesha the Scribe, as he records the human responses to Divine events. Whether completely accurate or not, the force of the vibrations give proof of the truth spoken of Jesus in all of His power.

As Ganesha gives the quality of wisdom, we must learn to introspect on the wisdom of the wise who come to our land by the grace of Shri Mataji. It must have a bit of a tapasya (penance) for Gibran's soul to be chatting over Victorian teacups and New York cafes, as his heart seemed so deeply rooted in his Arabic roots.

Yet by being in US (land of Shri Krishna - Vishuddhi), he was a pioneer of vibrations in the US and he spoke the truth through his prose and poetry. It is said that Jesus actually spoke in poetry in Aramaic, in the same land of Kahlil Gibran's birth. Gibran reaches back to this voice of Shri Jesus and carries its love, compassion and enlightenment to modern times.

- Karen DeNitto, US

*With best compliments from*

**Dr. Mitesh Gandhi**

**B.Sc. (Hons) M Comptom  
Practicing in UK**

## !!Our Kind Of People!!

Our kinds of people are always different  
They find the tune always sweet  
And have the Rhythm always right  
They are really close to our Heart  
That's why they read your inner thought

They may not be your blood relations  
Neither have any friendly connections  
Their unstinted laughter is full of Innocence  
That's why establish heavenly connections

Their thoughts always spell the truth  
Their desire is pure, like gold from hearth  
Their love is selfless, full of warmth  
That's why create longing for them, as aftermath

They do not look at anyone's fault  
Neither boasts of what they got  
They do not have any greed left  
That's why they are always in limelight

Their attention does not astray in family life  
Are out of worldly attachments, leading Seer's life  
Seek Divine knowledge, meditating throughout life  
Aspire heavenly ascent, to fulfill this life

And are not apparel yogis, but truly become 'Sahaja Yogis'  
Because they are Shri Adishakti Mataji's 'Nirmalites'

- Your kind always in Sahaja

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# ॐकार का सृजन

सहजयोगी जानते हैं कि विश्व के सभी धर्मों का लक्ष्य जीव और आत्मा तथा आत्मा और परमात्मा का मिलन है, अर्थात् साधक का अपने 'स्व' को पहचानना और उसके 'स्व' का परमात्मा में लीन हो जाना है। व्यक्ति परमात्मा के परिवर्तनशील प्रेम के खेल को मुरली की तरह साक्षी भाव से देखने लगता है।

जब सहस्रार में स्थापित कुण्डलिनी का मिलन अनाहत चक्र में स्थित आत्मा से होता है, तो मानवीय चेतना को सर्वोच्च धर्म का

साक्षात्कार होता है। यह आत्मा और शक्ति के सम्यक्ता की अवस्था है। यह अवस्था अव्यक्त परमात्मा तथा मानव के अंतःस्थित परमात्मा (आत्मा) के बीच योग को भी व्यक्त करती है, क्योंकि यह मूल अन्तर (original distinction) से पहले की एकात्मकता की स्थिति को प्रतिबिम्बित करती है। सर्वशक्तिमान परमात्मा श्री सदाशिव और श्री आदिशक्ति में मूलतः दिखाई पड़ने वाला अन्तर स्पष्ट हो जाता है।

यह एकात्मकता (unity) जिसे ब्रह्म तत्व, ॐकार और आमीन (Amen) जैसे शब्दों से अभिव्यक्त करते हैं, भगवान् जीसस क्राइस्ट (परमात्मा के पुत्र, महाविष्णु) के रूप में अवतरित हुई। आईए देखते हैं कि प्राचीन काल में इसके विषय में क्या

कहा गया:

सर्वप्रथम शब्द था, शब्द परमात्मा के पास था, शब्द ही परमात्मा था। इस प्रकार परमात्मा ने शुरुआत की, सभी कुछ उनके द्वारा बनाया गया, कोई भी चीज उनके अतिरिक्त किसे ने नहीं बनाई। उन्हीं में जीवन था और जीवन ही मानव का प्रकाश था...। प्रत्येक मनुष्य को प्रकाशित करने वाला सच्चा प्रकाश संसार में आ रहा था। वो संसार में था और संसार उसी के द्वारा बनाया गया, फिर भी संसार उसे नहीं जानता था।'

- (जोन १)

'जिस लक्ष्य के विषय में वेदों ने घोषणा की, जो सभी तपस्याओं में निहित है और जिसके उद्देश्य से मानव ब्रह्मचर्य और सेवा का जीवन व्यतीत करता है, उसके बारे में संक्षिप्त में बताता हूँ। वह ॐकार है।'

- (काठोपनिषद्)

'अक्षर ॐ जो अनश्वर ब्रह्म है वही ब्रह्माण्ड है। जो भी अस्तित्व में था, जो भी अस्तित्व में है और जिसका भी अस्तित्व होगा वह ॐकार ही है। तथा जो भूत, भविष्य और वर्तमान से परे है, वह भी ॐकार ही है। जो कुछ भी हम ब्रह्म में देखते हैं, वह ब्रह्म है। हमारे अंदर स्थित आत्मा भी ब्रह्म ही है। यह आत्मा ॐकार से एकरूप है।'

- (मचंडोक्त्युपनिषद्)



लाओडीसी (Laodicea) के चर्च के देवदूत के द्वारा लिखा गया: 'आमीन (Amen) शब्द, विश्वासपात्र और सच्चा साक्षी है, तथा परमात्मा की सृष्टि का प्रारम्भ है।'

- (John. The Apocalypse 3.14.)

ईसाईयत और ॐंकार शब्द को सहज कुण्डलिनी योग से संबंधित कर इन पावन अक्षरों में निहित प्रतीकात्मकता को समझ सकते हैं।

अक्षर 'अ' विराट, (अर्थात् आदि पुरुष) के तमोगुण को व्यक्त करता है (इच्छा - desiring mood)। वृष्टि में यह, वो ईश्वर है जिनकी शक्ति श्री महाकाली हैं। समष्टि में यह ईडा नाडी है, अर्थात् बाई अनुकम्पी नाडी प्रणाली (Left Sympathetic Nervous System)। सूक्ष्म स्तर पर यह अणु का नाभिक (Nucleus) है।

अक्षर 'उ' आदि पुरुष के रजोगुण को व्यक्त करता है (क्रिया - Activating mood)। वृष्टि में यह हिरण्यगर्भ हैं, जिनकी शक्ति श्री महासरस्वती हैं। समष्टि में यह पिंगला नाडी है, अर्थात् दाई अनुकम्पी नाडी प्रणाली (Right Sympathetic Nervous System)। सूक्ष्म स्तर पर यह अणु के विद्युतअणु (Electrons) है।

अक्षर 'म्' आदि पुरुष के सत्वगुण का प्रतिनिधित्व करता है (प्रकटन भाव - Revelation mood), जो ॐंकार को साक्षात् आदिपुरुष, विराट के स्तर तक उठता है, जिसकी शक्ति श्री महालक्ष्मी हैं। समष्टि में यह सुषम्ना नाडी है, अर्थात् पराअनुकम्पी नाडी प्रणाली (Parasympathetic Nervous System) तथा सूक्ष्म स्तर पर यह अणु की कर्षण शक्ति (Valency) है।

आदि कुण्डलिनी (आदि कुण्डलिनी के रूप में आदिशक्ति - Holy Spirit) त्रिगुणात्मिका कहलाती हैं, अर्थात् जिनमें तीनों गुण हैं। वे 'अ', 'उ' और 'म्' को एक रूप करती हैं। अतः परमेश्वरी शक्ति के स्तर पर आदि कुण्डलिनी ॐंकार का सृजन करती हैं, और वैयक्तिक रूप में, इसका अर्थ यह है कि आदिशक्ति ही श्री गणेश की माँ हैं।

ॐंकार एक नाद है, और चिन्ह 'ॐ' वास्तव में ऊर्जा की आदि गतिविधि का प्रतीक है।

आत्मसाक्षात्कार के पश्चात्, चैतन्य के रूप में इसकी अभिव्यक्ति को पराअनुकम्पी नाडी प्रणाली (Parasympathetic Nervous System) के माध्यम से शरीर में महसूस किया जा सकता है। यह शक्ति सर्वत्र कार्यरत है, और हर समय कार्यरत है, परन्तु आत्मसाक्षात्कार से पहले मनुष्य इसे महसूस नहीं कर सकता।

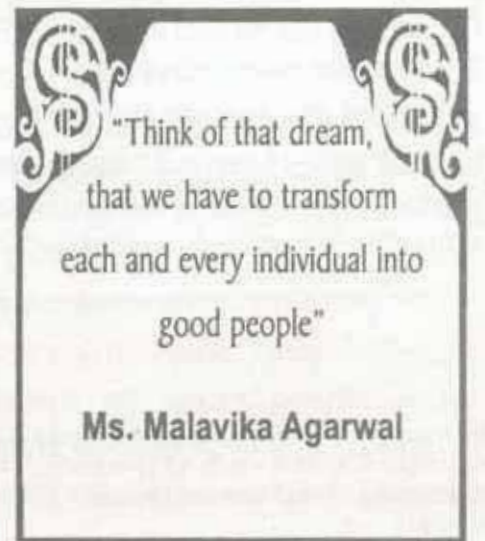
उपनिषद् हमें बताते हैं कि, 'ॐंकार पर ध्यान करने से विवेकशील साधक ब्रह्म को प्राप्त करता है। ॐंकार ही ब्रह्म है। ॐंकार ही सब कुछ है।' अब प्रश्न यह उठता है कि ॐंकार पर ध्यान किस प्रकार किया जाए। श्रीमाताजी ने इसका उत्तर सहजयोग के माध्यम में दिया है।

- मानव ॐंकार किस प्रकार बनता है? - अक्षर 'अ', 'उ' और 'म्' को एक साथ रख कर।
- 'अ', 'उ' और 'म्' को एक साथ कौन रखता है? - स्वयं की कुण्डलिनी।
- कुण्डलिनी स्वयं को किस प्रकार अभिव्यक्त करती है? - सहजयोग से।

जिस प्रकार सर्वशक्तिमान पावन माँ श्री आदिशक्ति ने ॐंकार का सृजन किया, जिस प्रकार श्री गौरी ने श्री गणेश का सृजन किया, जिस प्रकार श्री पार्वती ने श्री कार्तिकेय का सृजन किया। जिस प्रकार श्री राधा ने श्री महाविष्णु का सृजन किया, जो श्री जीसस के रूप में माँ मैरी की कोख से अवतरित हुए, उसी प्रकार परम् पूज्य श्री माताजी निर्मला देवी ने सहजयोगियों की एक जाति का निर्माण किया है। श्री माताजी कहती हैं कि सहजयोगियों का सृजन, बिल्कुल श्री गणेश के सृजन के समान किया गया है।

- ("The Advent, chapter 6: Religion and Religions" ऋ

अनुवादित)





# Ancient Sahaja Tradition

"References to Kundalini awakening, also called as Self-Realization, are seen in many ancient scriptures of all religions. But the way in which most great prophets wrote made it hard to understand exactly what they were writing about. Nothing is blatantly stated. Unless one has self-realization, this knowledge of the divine could be misinterpreted. It is only with self-realization that one can receive the total joy of great souls' prediction of Sahaja Yoga."

- Shri Mataji Nirmala Devi

The origins of the word Sahaja are buried in the mists of time. By the time Kabir began using the word in his Hindi songs/poems in the fifteenth century; Sahaja had been in use amongst the mystics of northern India for at least seven hundred years, and most probably much longer.

The earliest usage is in Sanskrit: the Devi Sukta refers to the Brahmana, the Sahaja Yogi; in the Warahopanishad the arousing of Kundalini is linked to Sahaja Samadhi. The ascent of the Kundalini is described by Shankaracharya in his Saundarya Lahari. The Sahajiya Buddhists emerged in Bengal in eastern India somewhere between the 8th and 10th centuries. Saraha, Kanha, Bhusuka, Lui, Tilo, and others are known today only through their dohas and caryas (short songs), written in a now defunct language, Apabrahmsa, and in old Bengali. Many of the themes used in their songs can also be found in the work of the later saints such as Kabir, Dadu and Sundardas, in the verses and prayers of Nanak, the founding guru of the Sikh tradition, as well as in the work of later mystics in Bengal.

The Nath yogis seem to have emerged in the 10th to 12th centuries in the hills and mountains of northern India. Their main teacher was Gorakhnath (12th century) who wrote extensively about the arousing of the Kundalini and the attainment of the Sahaja state. The secret knowledge of the Naths was passed on from teacher to pupil, and also shared with other mystics who were ready for realization. Thus Nath concepts can be found in the songs of the Rajasthani saints Mirabai, Dadu, and Sundardas, the Kashmiri saints Lalla and Rupa Bhavani, and many of the Marathi saints, notably Jnaneshvara, Muktabai, Namdev, Eknath, and Tukaram. Oblique references can also be found in the songs of some of the Sufi saints, notably Bulle Shah (Punjab) and Sachal and Shah Latif (Sind).

In South India several of the Tamil Siddhis have described the ascending Kundalini, including Thirumoolar (6th century) in his Thirumanthiram, which has yet to be fully translated into English.

But there have been distortions and deviations in the Sahaja tradition. In Bengal the Sahaja tradition, handed down from the Sahajiya Buddhists and the Nath yogis, has been distorted by some tantric practices. A similar situation has occurred in the Buddhist traditions of Nepal and Tibet. Using vibrational awareness, any Sahaja Yogi can differentiate the true Sahaja from the deviant.



Answers: 1) Find the Himalayas (2) Find the land of Canajoharie next to Shri Krishna (3) Find kundalini at the root of the tree. (4) Cabella. Find castle. (5) 'Dhirta' means 'churn-amrit' or ambrosia. Find the waterfall. (6) Find the angel of announcement. (7) Find Shri Shiva in Himalayas.



## Uttaranchal Seminar 2004

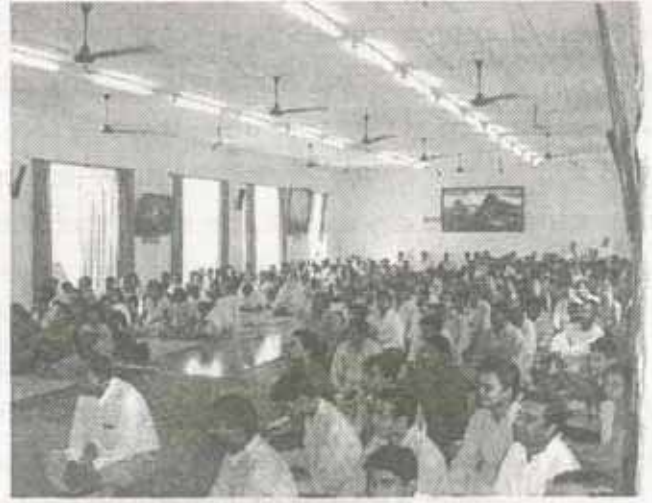
The Uttaranchal Indian National seminar hosted by the Uttaranchal State, at Hardwar from 10th to 14th June 2004. It was like a mini Ganapatipule experience in all respects. A massive response of approx. 2000 Sahaja Yogis mostly from Northern sector of India turned up. Here one felt blessed by graceful although roaring stream of Mother Ganges just like the majestic Grandfather Sea at Ganapatipule. It was a nice milieu surrounded by lush green forestry on one hand while it had a good stretch of grassy land on the other. Besides more numbers turned up than the arrangements organized. The main theme in this seminar was introspection, dedication and devotion towards Shri Mataji through recognition. Also to attain the state of doubtless awareness first so that all questions would be answered by a single statement that is "Grow inwards ...devotion dedication and recognition of Shri Mataji through Mahamantras (as we seem to utter the Mantra by lip service and don't understand the divine meaning that She is MahaLaxmi, Maha Swaraswati and Mahakali, Who has incarnated as Kalki for our salvage which should clarify all doubts in Sahaja). Also any petty issues in family matters or diseases in Sahaja should fall apart as we ascend in Sahaja". Regarding the subject of Yuva, the Yuva force in Cabella were praised and fondly cited as examples carrying out every aspect of work during the Puja and public programmes. They all are so educated and humble. In India also there is a good Yuva force. However, the Yuvas should be more forceful in their mission and should work in unity and harmony with guidance of the Leaders. No misunderstandings should prevail. Then only we can please our Mother. Besides that the seminar had many Yogis from the farming background. Thus Sahaja Farming became a very interesting topic. The effect of vibrated water on plants, seeds and sowing experiments were revealed in this field. It was interesting to note how Vibrated water changes its interfacial hydrogen: oxygen bonding angle from 120 to 104 degrees. Also how the Ganesh Tattwa in the roots of the seedling behaves. Sahaja farming yields are manifold compared to the normal yield and they become insect proof and rats do not eat away the products. It was also said that urban Yogis will visit the villages for self realization program. Meditation: Morning meditation had a different flavour. Just after the collective bandhan and Mahamantras Shri Mataji's audio was played. After the meditation shoe beating and Vishuddhi clearance was conducted in collective outside the pandal. One really is compelled to be happy to do all these so close to the nature, sitting on the grass and enjoying the mellifluous chirping of birds. Highlights: The meditation conducted mainly focused on Mother's talks from the golden audiotapes of yester years. (These are available to the collective in India through three volumes in sets of 10/10/5 on sale counter through Nirmal Infosystem & Technologies Pvt. Ltd., Pune). The evening sessions were mostly cultural activities. The Doordarshan channel Television crews were invited on the closing day to give a wide coverage of the seminar. On first day the evening opened up with a collective Havan. The heavy air had to settle to a cool surrounding. In the evenings there were Qawalies and

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# Yuvashakti Activities

१३ जून २००४ के दिन पुणे में युवाशक्ति कार्यशाला का आयोजन किया गया। स्थान था खडकी केन्ट स्थित कारगिल हॉल। कार्यशाला का शुभारम्भ प्रातः ९:३० बजे तीन महामन्त्रों के उच्चारण से हुआ। पुणे के म्युझिक ग्रुप के साथ सभी ने भजनों का आनंद लिया, व उससे वातावरण भी श्रद्धामय व शांत हो गया। भजनों के पश्चात सामुहिकता में चक्रों के बीज-मन्त्रों का उच्चार किया गया, जिससे चक्रों की स्वच्छता में और सहायता मिली। फिर एक-एक करके युवाशक्ति के कई भाई-बहनों ने विभिन्न विषयों पर सब के साथ जानकारी बाँटी, जिसका सार निम्न-लिखित बिन्दुओं में मिलता है:



- श्री माताजी ने १९८७ में युवाशक्ति की स्थापना की। उस समय उनके द्वारा युवाशक्ति को दिए गए निर्देशों तथा मार्गदर्शन के विषय में जानकारी दी गई।
- ध्यान में निर्विचार होना आवश्यक है। हर बार पूर्ण समर्पण करके ध्यान करना चाहिए।
- सहज योग का प्रचार -प्रसार करते समय ध्यान रखने वाली व्यावहारिक बातें।
- ध्यान से हमारी सामुहिक चेतना जागृत हो जाती है, जीवन कार्यक्षम बनता है, और व्यक्तित्व का विकास होता है।
- ध्यान, कुमकुम, पृथ्वी तत्व, प्रोटोकॉल्स इनका महत्व।
- चित्त की स्थिरता और पवित्रता का महत्व, तथा किस प्रकार चित्त को शुद्ध रखा जाए।
- सहज योग का अथवा कोई भी कार्य करने के लिए अत्यन्त आवश्यक है सन्तुलन। साथ ही श्री माताजी के प्रति पूर्ण श्रद्धा और अटूट विश्वास होना चाहिए।
- हमारी सोच सकारात्मक होना चाहिए।

कार्यशाला का अन्त पुनः एक बार ध्यान, तथा आरती से हुआ। इस कार्यशाला के माध्यम से सहज योग में नए आए हुए युवाओं को युवाशक्ति, सहज योग तथा सहज की संस्कृति का परिचय मिला, तथा ध्यान की गहनता का भी अनुभव मिला।

## Yuvashakti seminar at Viskhapatnam

We had a wonderful Yuvashakti seminar at Viskhapatnam in the last weekend. Vishkapatnam is a one night journey from Hyderabad which is full of hills & on one side of it is the sea. We have a few Meditation centers running in this place. It was spontaneously decided to have a Yuvashakti seminar in this place. All the Yuvashakti brothers & sisters from this area gathered at VT College (One of the meditation centers) on Sunday 9.30 AM. We experienced deep meditation, listening to a lecture of Shri Mataji on "How to get into thoughtless meditation". After that we had an interactive session where basic protocols of Sahaja yoga, like how & when we should put bandhans, and some treatments were explained. We also exchanged vibrations. Every one felt a tremendous flow of vibrations after this. This seminar was a medium to help us understand the purpose & responsibility of a Yuvashakti. We watched the video display of Shri Mataji's bhajans & after that Yuvashakti had sung few bhajans & the seminar concluded at 1.30 PM with Aarti. This was the first time we had a Yuvashakti programme in this place.



## Public programme conducted by Yuvashakti in Warangal

Warangal is around 140 kms. from Hyderabad where we & few others got an opportunity to conduct Self Realization programmes. Mainly two mobile stalls were installed in Warangal & Hanumankonda bus-station. Also Yuvashakti brothers & sisters from Hyderabad travelled to Warangal for the campaign. Hundreds got their Self Realization. As a result, spontaneously a public programme was arranged for those who visited the stalls, at REC Ladiesclub, Warangal.

## Self Realization Programme at Kapal Mochan

By grace of Shri Mataji, we Sahaja Yogis from Yamuna Nagar were offered this great opportunity to organize three days public programme in Kapal Mochan fair. Kapal Mochan is a place near Yamuna Vnagar where Shri Rama, Pandavas & Guru Govind Singh after destroying the evil powers washed their sword in these rivers.

Near About 40 public programmes were conducted in three days. Around 10000 people people got their Self-Realization. Most of them were Sikhs from small villages in Punjab & Haryana. Our pandal was beautifully decorated where Sufi music filled the air with vibrations. These bhajans and vibrations attracted many pilgrims.

Similar kind of programmes were also arranged in Kurukshetra on Geeta Mohatsav for 4 days. There also thousands of seekers were blessed.



Continued from page 15

Bhajans. Popular Sahaja singers like Deepak Verma, Mukhi Ram, Dr. Rajesh were the attractions, who carried away the collective to divine ecstasy as Sahajis danced to the. On the second day there was a very innovative drama based on the talks of Shri Mataji establishing the various relationships and values in our human lives. Such as, relationship of Children versus Parents, Husband Versus Wife, Status of Marriages in Sahaja, utilization of money in Sahaja etc. It was enchanting to evaluate our own strengths and weaknesses through this drama. Before concluding the seminar the entire excerpts of the talk from the old collection were gifted out to the collective. A precious treasure.....all in one cassette (Nirmal Vaani). We need to enjoy every bit of what Shri Mataji bestows upon us as blessings staying as Sahaja Yogis and we have to purify our inner attention to get to complete nirvicharita as Shri Mataji says....."Thinking about the ascent, how you are going to rise, thinking of the moment when you had the joys, thinking of the day where you met me first, thinking of all the other beautiful and holy things, your mind can be cleansed. And whenever such a thought comes in, you have to say, „not this, not this“. It's more mental than physical, I tell you. I know it's difficult, but if you can get realisation why not this also?



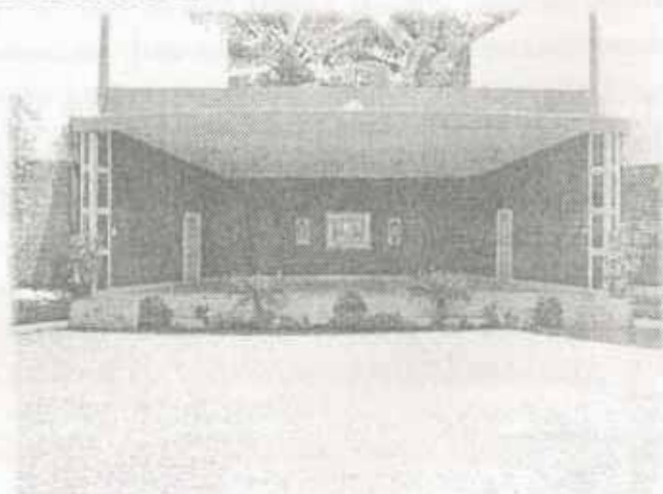
# A GIFT TO HUMANITY

International Sahaja Yoga Research & Health Centre-A GIFT TO HUMANITY by H.H.SHRI MATAJI NIRMALA DEVI was inaugurated by HER DIVINE SELF on 19 March 1996. It is a Unique Centre where the patients are treated by

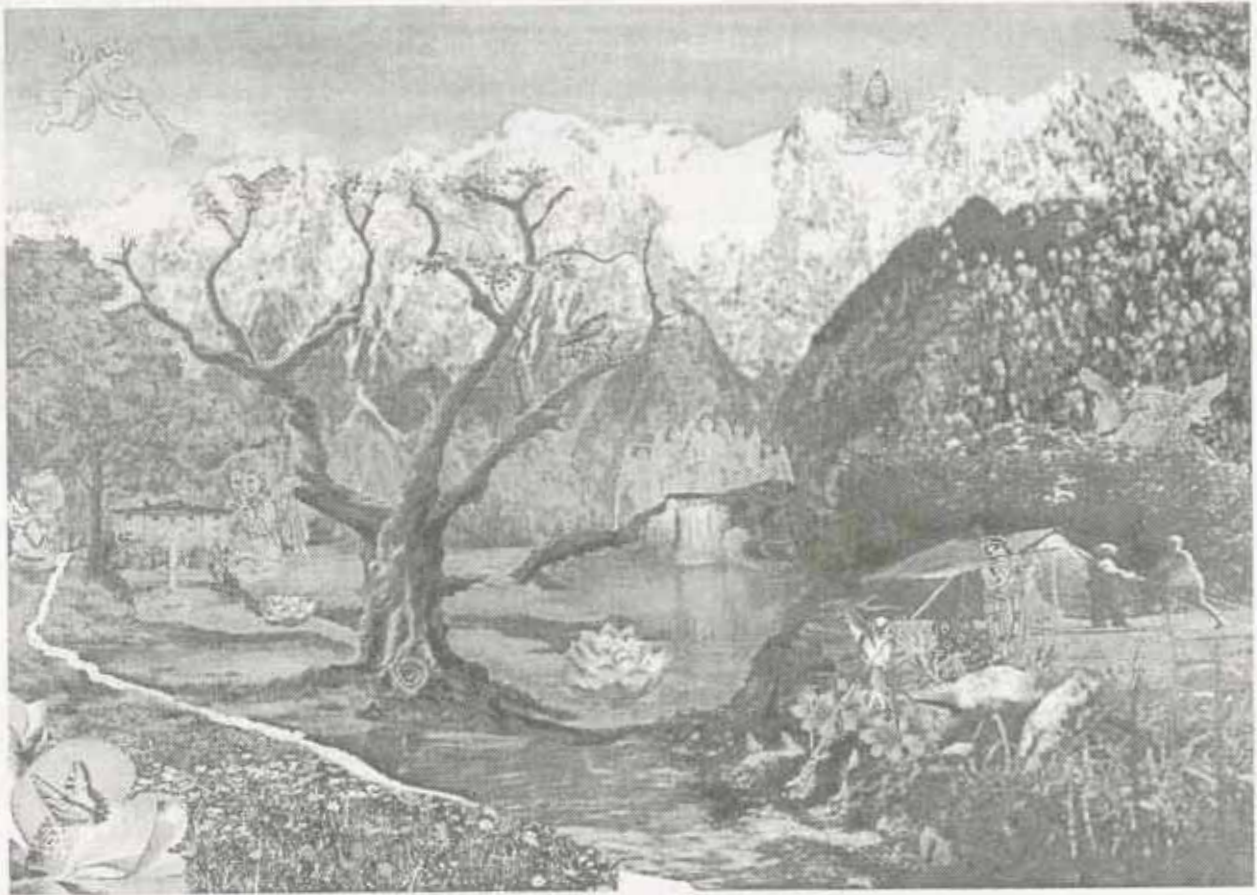


Divine Vibrations developed by practice of Sahaja Yoga Meditation. Shri Mataji started this Unique Centre to make mankind realize the Beneficial Effects of Kundalini awakening-its Medical Benefits, how diseases can be cured without medicine. Here a Holistic approach towards a patient is taken. According to Sahaja Yoga hypothesis disease is a manifestation of an imbalance within the subtle energy system and correction at this level by Kundalini arousal by Grace of Divine Mother helps to cure diseases. This Divine knowledge given to us by Shri Mataji is being applied at International S.Y. Research & Health Centre and patients from all over the world have benefited. Various Psychosomatic Diseases like Bronchial Asthma, Hypertension, Migraine Insomnia, Arthritis, Depression, Epilepsy and even Cancer have been treated successfully over here. It is not only medical but also vibrational benefits that Yogis from all over the world come to this

Divine place for. The Hospital has an Out Patient Department wherein non Sahaja Yogis have also walked in, got their realization and benefited both medically and spiritually. The Indoor Patients list includes patients not only from India but also from affluent countries like U.S.A, U.K., Austria, Canada, France, Singapore, New Zealand, China, Australia & Switzerland to name a few. The Health Centre has successfully progressed due to Blessings & Divine Attention of H.H. Shri Mataji. Initially starting from a total of about one thousand patients treated in year 1996 to about 2500 patients being treated in year 2003. It is nothing but Shri Mataji's Divine Grace and kind Attention that awareness of vibrational benefits is being highlighted. A Yogi/patient goes back not only physically cured but the vibrational experience provides all the required nourishment and rejuvenation for him/her to face the world with a balanced & positive attitude. Late Prof. U.C. Rai was initially appointed Director of Int. S.Y. Res. & Health Centre. After his heavenly abode in September 2001 Shri Mataji has appointed his daughter-in-law Dr Madhur Rai as Chief Medical Officer of I.S.Y.R. & H.C.







Welcome to the kingdom of God! Welcome to the world that you live in, but know not! We present to you a snapshot of its harmony. To completely entrench your being in joy you must first visit the seven sacred places. The key lies in decoding the seven meanings. Let your spirit be your guide. May you be triumphant in your journey!

Jai Shri Mataji

Example:- It is eternal and has one thousand powers. It has been represented in ancient scriptures.

Ans:- Find the Lotus in the picture.

1. His daughter is Shailaputri. He is the king of complete majesty. It is a magnificence which rises into the sky so pure and beautiful.
2. There is a vessel that cleans itself. Natives call it "Gana-jyo-hah-laje". It is filled with sweet music touching all that enter.
3. She is love. She is our root. She is the serpent power.
4. Its name is born of another language, it means 'beautiful'. Every corner of it resounds Her name, blessed are those who enter its domain. Follow the holy path to enter its realm.
5. It means Dhirta. The angels are guarding it's source.

It was prohibited to doctors in olden days, they were not allowed and they had to fight for it. Sahaja yogis have been blessed to have it.

In this kingdom of God it flows abundantly.

6. Shri Vishnumaya has the power of announcement. Let us also imbibe this quality just like the little one in the picture announcing the arrival of the Goddess.





Shri Mataji got married to Sir C.P. Srivastava on the 7th April 1947.

On 30th January 1948 Gandhiji was assassinated while going for his evening prayers in the Birla Bhavan in Delhi. Shri Mataji had met Gandhiji just one day before he was assassinated. Gandhiji took Her daughter on his lap and said "Nepali, you are the same to look at and now you are a mother. When are you going to start your spiritual work? Now we are free and you should start whatever you wanted to do".

Sir C.P.ji was selected for both Indian Foreign Service (I.F.S.) and the Indian Administration Service (I.A.S.) and he was given a choice to select any of the two services. When he referred this to Shri Mataji, She told that serving the nation by staying in the nation is better than taking a post abroad.

When Sir C.P.ji and Shri Mataji were staying in Bombay, their building was located very close to the Mantralaya. One day a big procession came to the Mantralaya but the police stopped, that infuriated the mob as a result a lathi charge was ordered and then the police started shooting people. Shri Mataji was watching this from the balcony of Her flat. She could not tolerate this and She rushed down to help those who were hurt. A few of them She brought up to the flat for first aid, She removed their bullets and dressed them.

Shri Mataji's father passed away on 15th February 1955. Before his death he asked Shri Mataji "Have you been able to find the method?" He was asking about the mass realization.



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State \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Cash/DD No. \_\_\_\_\_ Dt. \_\_\_\_\_ Drawn on \_\_\_\_\_

Of Rs. \_\_\_\_\_

DD should be sent in the favour of 'Nirmal Infosystems Pvt. Ltd.'  
payable at Pune.

**Address for correspondence :**  
dasfasdfdsa

\_\_\_\_\_  
Signature



- हम शपथ लेते हैं कि हम श्री गणेशजी की पूजा करके, उन्हें सुरक्षा की याचना करके, व अपने मूलाधार में स्थापित होने का निमन्त्रण देकर हम अपनी अबोधिता की, समाज के अनन्त आकर्षणों से रक्षा करेंगे।
- हम शपथ लेते हैं कि हम स्वयं को, चित्त में आत्मा के प्रकाश को ज्योतित होने से रोकने वाले सांसारिक दाग-धब्बे एवं बाधाओं से मुक्त करेंगे।
- हम शपथ लेते हैं कि सन् २००० में सहस्रार दिन पर अपने महल में श्री माताजी ने जो युवाशक्ति से कहा था, कि एक पैना चित्त विकसित करे, ताकि वो हमारे भीतर परम-चैतन्य के, विश्व की सारी समस्याएँ सुलझाने के कार्य के लिए एक दिशा सूचक बन सके, को पूरा करेंगे।
- हम शपथ लेते हैं कि सहजयोग के विषय पर बात करने के और विनम्रता-पूर्वक आत्मसाक्षात्कार देने के हर अवसर का लाभ उठाएंगे।
- हम शपथ लेते हैं कि हम स्वयं के गुरु बनेंगे ताकि हमारे मुख से निकले शब्दों में आत्म साक्षात्कारी गुरुओं के विश्वास की गूँज हो तथा जो साधकों को आत्मसाक्षात्कार प्राप्त करने एवं विश्वनिर्मला धर्म में स्वतंत्र जीवन अपनाने के लिए प्रेरणा दे।
- हम शपथ लेते हैं कि हम अपने भयों का सामना करेंगे और श्री माताजी से स्वयं का सामना करने तथा सहजयोग प्रसार करने का साहस मांगेंगे।
- हम शपथ लेते हैं कि हम अपना अधिक से अधिक समय युवा शक्ति भाई-बहनो के साथ बिताएंगे, उनसे परमेश्वरी ज्ञान का आदान-प्रदान करेंगे और अगर आवश्यक हुआ तो उनकी रक्षा भी करेंगे।
- हम शपथ लेते हैं कि अपने अहं और प्रति-अहं पर काबू पाने के लिए तथा पूर्ण विश्वास बनाए रखने के लिए हम समर्पित होंगे।
- हम शपथ लेते हैं कि पूर्ण समर्पित व विनम्र निष्ठा से हम अपनी परमेश्वरी माँ से प्रार्थना करेंगे कि वे हमें उनकी वास्तविकता की पहचान तथा हमें अशिर्वाद दे कि इस नव वर्ष में अपनी शपथ को पूर्ण करने से रोकने वाली दुर्बलताओं पर हम विजय प्राप्त कर सकें। हम आशा करते हैं कि ये नव वर्ष एक नई शक्तिशाली युवाशक्ति, जो माँ की इस बात का धन्यवाद देने की इच्छा से प्लावित है, कि उन्होंने हमें अपने बच्चे बनाया, ऐसी युवाशक्ति का उद्भव होगा।



