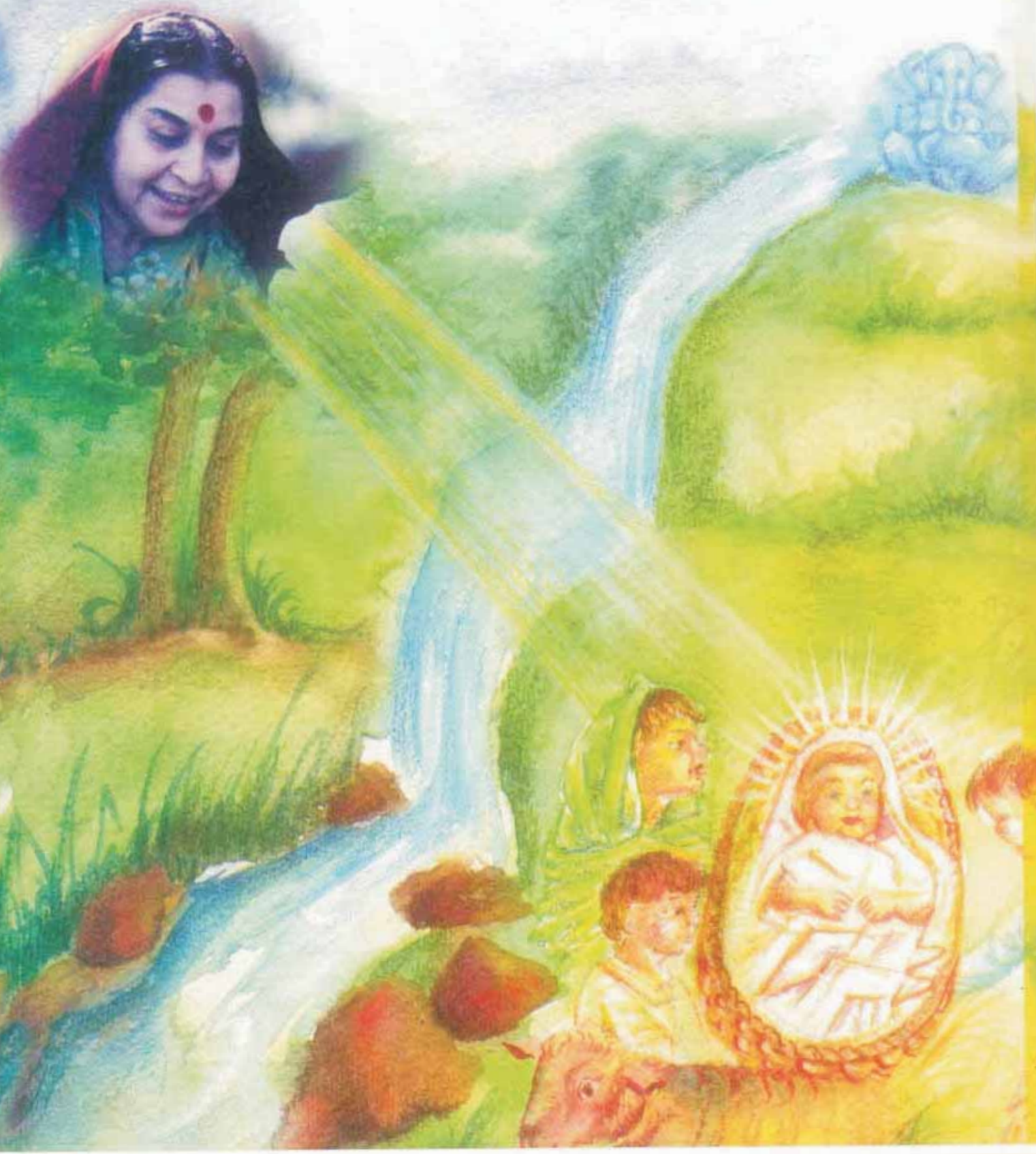


YUVADRISHTI

Volume 5
Issue 4

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

December
2004



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It is our desire to deliver this magazine to as many Sahaja Yogis as possible. To facilitate this distribution, a coordinator in each center is needed. Currently, there are Yuva Shakti who acts as representatives collecting registration, content for magazine and distributing the magazine.

Roles and Responsibility:

- Doing registration for Sahaja Yogis who desire to subscribe to this magazine and forward the same to us.
- Distribution of the magazine for those subscribers who wish to avail the magazines from center.
- Sharing news and requests with local Yuva Shakti.
- Collecting and contributing material for the magazine from local Sahaja Yogis.

Required Actions:

The volunteer will be Yuvadrishti's representative for his/her local center for complete year. Please send us the following information:

- | | | | |
|---------------------|----------------------|-----------|---------|
| ▪ Name | ▪ Age | ▪ Address | ▪ Email |
| ▪ Phone/ Mobile No. | ▪ Collective/ Center | | |

It is preferred that the representative has access to the Internet and regularly attending his/her center.

Email or mail us at yuvadrishti@yahoo.com

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YUVA SHAKTI

"The purpose of the Yuva Shakti 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 Nirmala Devi on Yuva Shakti 1987

परिचय : स्वाधिष्ठान चक्र एक उपग्रह की तरह नाभी चक्र से जुड़ा भवसागर के चारों तरफ घूमता है तथा उसके दस पन्खुडियों को (जो दस गुरुओं के उपदेश के प्रतीक हैं) आधार देता है। जब कुण्डलिनी शक्ति जागृत होती है तो पहले नाभी चक्र से गुजरती है और बाद में स्वाधिष्ठान से गुजरती है और वहाँ से वापस नाभी चक्र से होकर अपना सफर सहस्रार तक तय करती है। उत्क्रान्ति के दौरान मानव ने शरणस्थल की इच्छा को घर बनाने में परिवर्तित किया। मानव की सौन्दर्य शक्ति निरन्तर बढ़ती रही है और अपने शरणस्थल (घर) को अधिकाधिक आधुनिक स्वरूप देने लगा। फलस्वरूप सौभाग्य से वास्तुकला शास्त्र का निर्माण हुआ। उसकी यही सृजनशीलता (creativity) बढ़कर अमूर्त स्वरूप लेने लगी, जहाँ वह सोचने लगा, उसे प्रकाशित करने लगा और उसकी छवि बनाने लगा जिसका इससे पहले वस्तुस्वरूप में कोई भी मेल नहीं मिलता था। इसी उगते हुए सौन्दर्य शास्त्र से रचनात्मक कला की उत्पत्ति हुई।

गुण : स्वाधिष्ठान चक्र का मूलभूत गुण है सृजनशीलता। यही से सृजनशीलता के लिए उर्जा उत्पन्न होती है। अपने आत्मसाक्षात्कार के बाद हम जानने लगते हैं कि सृजनशीलता को पाने का सच्चा मार्ग है अपने ध्यान में निर्विचार समाधी प्राप्त करना। इसी से हम जानने लगते हैं कि सृजनशीलता का सौन्दर्य हमारे अन्दर एक स्तब्ध तथा शान्त तालाब की तरह है। जब हम उस तालाब को खोज निकालते हैं तो हम उसका माध्यम बन जाते हैं। हम इस सामूहिक अन्तः मन का सृजन साधन बन जाते हैं जिसमें अहंकार नहीं होता जो इस कला के शुद्धता को प्रदुषित करे। कवि वर्दवर्थ के अनुसार, "यह एक हृदय, जो देखता है और ग्रहण करता है"। सृजनशीलता की हर एक विधि स्वाधिष्ठान के गुणों से ही संचालित होती है। अगर यह क्रिया संतुलन में प्राप्त की गयी (सूक्ष्म यन्त्रना के सुषुम्ना मार्ग से) तो फलस्वरूप अध्यात्मिक उन्नति होती है और हम कह सकते हैं कि यह हृदय से बनी थी। आत्म-साक्षात्कार के बाद इस बात पर जोर दिया जाता है और फलस्वरूप एक सृजनप्रेरित कार्य हो जाता है। पुराने कलाकार जैसे मोझार्ट और माइकेल अन्जेलो जो की जन्म से आत्मसाक्षात्कारी थे, उनका सौन्दर्य अभिरुचिपूर्ण कार्य हमें यही चीज दर्शाता है। इस गुणवत्ता का कार्य अमर होता है जो हमें आनंद तथा सौन्दर्य प्रदान करता है जो कि सम्पूर्ण युग को दर्शाता है। लेकिन इस आधुनिक कार्यपद्धति में यह अकसर देखा गया है कि जो कलाकार शुरु में हृदय से कार्य करते हैं, उनकी प्रवृत्ति कुछ इस तरह बन जाती है कि वो आगे चलकर निर्जीव, उथला तथा शोषण करने वाला कार्य करते हैं। इस प्रवृत्ति का मूलभूत कारण है, कलाकार का अहंकार। जैसे जैसे कलाकार यशस्वी होने लगता है वो अधिक परिश्रम करता है जिससे उसकी यशस्विता बरकरार रहे। इसके लिये उसे बाईने नाडी का (पिंगला नाडी या कार्य नाडी) बहुत ज्यादा इस्तेमाल आवश्यक हो जाता है। फलस्वरूप इस नाडी के अत्याधिक तनावपूर्ण उपयोग से कलाकार के अहंकार का गुब्बारा बहुत फूल जाता है। ध्यान दीजिए कि मानव के सूक्ष्म यन्त्र में अहंकार पिंगला नाडी या कार्यशक्ति के अन्त में सिर के दाहिने बाजू में एक गुब्बारे के आकार में स्थित है। जैसे जैसे कलाकार यह सोचने लगता है कि वही संपूर्णतः कला का निर्माता है (दैवी प्रेरणा को भूला देता है) तो यह प्रक्रिया बढ़ने लगती है, अहंकार बढ़ता जाता है, और अन्ततः उस के कला से अध्यात्मिकता का अंश संपूर्णतः नष्ट हो जाता है। आत्मा जो हमारे हृदय में विराजमान है, वही सृजनता का वास्तविक स्रोत है और कलाकार और अन्य लोग जो बहुत सोचते हैं, नाम तथा शोहरत के पीछे भागते हैं, उनका स्वाधिष्ठान चक्र कमजोर पड़ जाता है और वे एक असन्तुलित व्यक्ति बन जाते हैं। दुसरो की अपेक्षा श्रेष्ठ बनने की अभिलाषा दुसरो से अपने गुण की प्रशंसा की महत्वाकांक्षा उनके अहंकार से आती है जो कि पिंगला नाडी द्वारा स्वाधिष्ठान चक्र के दाहिने तरफ से जुड़ा हुआ है। इस महत्वाकांक्षी तथा स्पर्धात्मक सृजनशीलता के कारण उनकी सहजता लुप्त हो जाती है। इसी से यह स्पष्ट होता है कि आधुनिक कलाकृतियाँ में चेतना, हृदयता तथा अत्मिक पहलुओं की कमी ब्यो होती है।

"The function of the liver is to absorb all the poison of the body and convert it into heat, which passes through the blood stream when you start thinking, too much you neglect your liver and then the poor thing does not know how to do this job. So the whole is saturated in the stomach. The person has heat here, then the heat starts passing upwards through the right heart. It creates problem and that problem is called Asthma. Then this heat passes into the throat, which creates a

kind of a cold where you will sneeze twenty times in the morning. There are two types of liver. One is lethargic liver and the other is overactive liver. I am talking of the over active liver, where a person develops cold, sneezing, temper, anger, acidity and tension. Then this heat passes over and can go to the heart at a very young age. Supposing there are boys who are playing tennis or exercise of a vigorous nature and drinking this might affect and can cause a massive heart attack at a very young age. The same heat when it passes to the throat we develop throat trouble, hoarseness etc. when it moves down to your pancreas then the poor pancreas is also suffering because it has no energy from the center. Then a person develops diabetes. Too much of thinking gives diabetes. People think too much, sugar gives diabetes. In Maharashtra people drink tea where sugar is so much that the spoon stand up. Nobody gets diabetes because they are villagers, living simple lives, not thinking of tomorrow, how to do this or that. Only the people lives simple, not thinking of tomorrow, how to do this or that. Only the people who are sitting on their seats, planning thinking, worrying gets diabetes..."

(Doctor's Conference, Meridian Hotel, Delhi, 25.03.93)

परम्परा: स्वाधिष्ठान चक्र पर साक्षात श्री ब्रम्हाजी विराजमान है। वे मूलभूत निर्माता को दशति है तथा उनकी शक्ति श्री सरस्वती जो कला तथा संगीत की देवी कहलाती है।

स्थूल भौतिक पहलू: इस चक्र का सबसे महत्वपूर्ण कार्य है अपने पेट के चरबी को मस्तिष्क के भूरे तथा सफेद कोशिकों में परिवर्तित करना जो हमारे विचारों में लगने वाले शक्ति के लिये ईंधन का कार्य करता है। अति वैचारिकता और अति पूर्वयोजना इस क्रिया को अतिकार्यशील करते हैं जिससे यह चक्र का जरूरत से ज्यादा उपयोग होता है। स्वाधिष्ठान चक्र यकृत (लिवर) का भी कार्य नियमन (नाभी चक्र के साथ मिलकर) करता है। अगर इस चक्र को अति विचारों के लिए कार्य करना पड़े तो दूसरे अंग जो इसके द्वारा नियन्त्रित है उपेक्षित हो जाते हैं। इस उपेक्षा का प्रभाव यकृत पर सबसे ज्यादा पड़ता है। इस चक्र की बाधाएं हमारे दाहिने हाथ के अंगूठे तथा बीच के उंगुली पर फडकन, इनझनाहट और हाथ पर चुभन के रूप में महसूस होती है। हमारे यकृत का इसमें अलग महत्व है क्योंकि यही हमारे चित्त का पीठ है। चित्त और विचारों के भेद में भ्रमित नहीं होना चाहिए। विचार तो हमारे अहंकार से और प्रतिअहंकार (हमारे पुराने संस्कार तथा परिस्थितियों) से आते हैं। और चित्त शुद्ध एकाग्रता है जो विचार तथा मस्तिष्क के कार्योंके बिना है, उदाहरण के तौर पर जब हम फूल की तरफ देखते हैं तो अपना चित्त उस पर डालते हैं (साक्षी स्वरूप में) लेकिन हम उसके बारे में विचार नहीं करते हैं। चित्त विचारों से संलग्न नहीं होता, वह शुद्ध एकाग्रता और साक्षीभाव से देखना मात्र है। एक संतुलित यकृत हमारे चित्त को सम्भालता तथा पोषित करता है। वह बाहरी बाधाओं और अशुद्धियों को छान कर उसे शुद्ध रखता है और इसी शुद्धित चित्त से शान्ति तथा स्थिरता हमारे ध्यान के दौरान हमें प्राप्त होती है। हमारा यकृत अतितापित होने पर (मद्यपान, उत्तेजक पदार्थ सेवन से) बहुत संवेदनशील बनता है जिसका विपरीत प्रभाव हमारे चित्त पर होता है और हमारा ध्यान कमजोर हो जाता है।

"The third thing which is even more dangerous is the speed. Nowadays life is so funny that it cannot be congenial to the working of the Spirit. What happens in the morning is that one reads the newspapers, horrible news, Bombay blast, etc., the spleen start wobbling. Then you don't eat your breakfast properly. You rush to work, cursing the people on the way because of the traffic jam. This craziness makes it vulnerable to blood cancer. The spleen does not know how to react to this craziness. Then a shock will happen on the left side because you are working on the right side and then it fails. The connection with the whole is lost. The brain cannot control anymore. Then this trouble of leukemia comes in. Then it goes to kidney. You cannot pass urine. Then he is put on dialysis and poor man dies bankrupt. Dialysis has not cured anyone so far. It just makes them live

longer and longer. Sometimes you don't feel hungry because of the liver plus you feel constipated. Constipation can be of the worst kind where all their lives they have to take enemas. These are the common diseases faced by the over active people.
(Doctor's Conference, Meridian Hotel, Delhi, 25.03.93)

स्वाधिष्ठान की स्थिति : कमजोर स्वाधिष्ठान अलग - अलग तरह से दिखाई देता है जैसे मधुमेह (diabetes), हृदयविकार और उससे संलब्धित समस्या, ध्यान में तकलीफ होना, रुखापन। काली विद्या और धर्मान्धता का विपरीत प्रभाव हमारे चक्रों पर होता है। हम खुद को अतिसुस्तता के सम्मुख पाएंगे तथा ऐसा भी हो सकता है कि हम भय तथा नकारात्मकता में खुद को पायेंगे।

स्वाधिष्ठान चक्र की शुद्धीकरण : दाहिना स्वाधिष्ठान चक्र: पंचत्वों का इस्तेमाल: ध्यान के वक्त अपने पैर नमक के ठंडे या (बर्फिले) पानी में रखे। बर्फ कि थैली अपने दाहिने स्वाधिष्ठान चक्र पर रखे (कमर तथा दाहिने पैर के जोड़ के उपर)

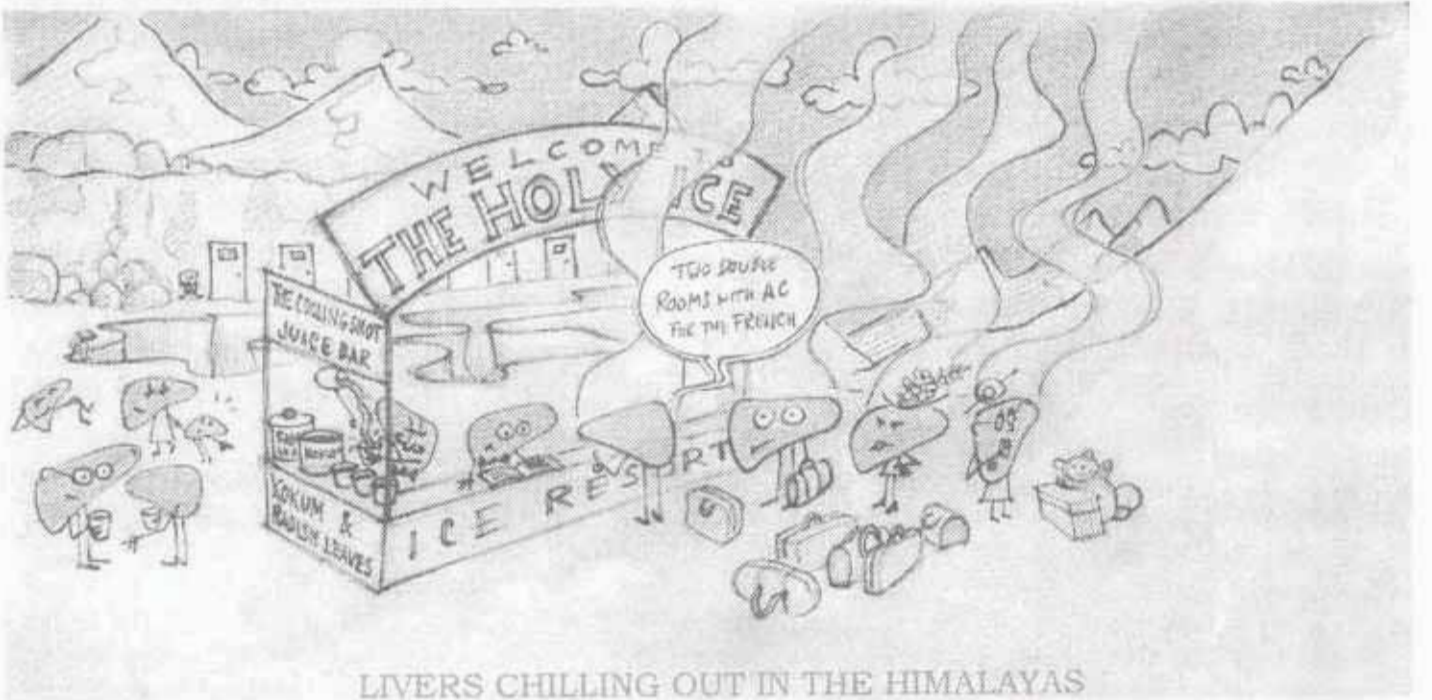
प्रार्थना:- श्री माताजी कृपा करके हमारे विचारों से हमें मुक्तता दे दीजिये या हमारे विचार ले लीजिये।

साधारण उपदेश:- बायां हाथ चक्र पर रखे, दाहिना हाथ श्री माताजी के तस्वीर की ओर करें। बायां बाजू (इडा नाडी) को उपर उठाकर दाहिने बाजू को नीचे लायें। यह क्रिया एक सौ आठ (१०८) बार करे। यकृत के मर्यादा के अनुरूप अन्नग्रहण करें।

बायां स्वाधिष्ठान चक्र की शुद्धीकरण : पंचत्वों का उपयोग:- ध्यान के वक्त पैरों की नमकीन गुनगुने पानी में रखे।

प्रार्थना:- श्री माताजी, कृपा करके हमें शुद्ध विद्या (निर्मल विद्या) प्रदान करें।

साधारण उपदेश:- दायां हाथ चक्र पर रखे तु बायां हाथ श्री माताजी की ओर करे। दायां बाजू उठाकर बायां बाजू नीचे लायें। यह क्रिया १०८ बार कीजिए। मोमबत्ती का इस्तेमाल बाएं स्वाधिष्ठान के लिए कीजिए।



LIVERS CHILLING OUT IN THE HIMALAYAS

HIMALAYAS

A SAHAJA INSIGHT

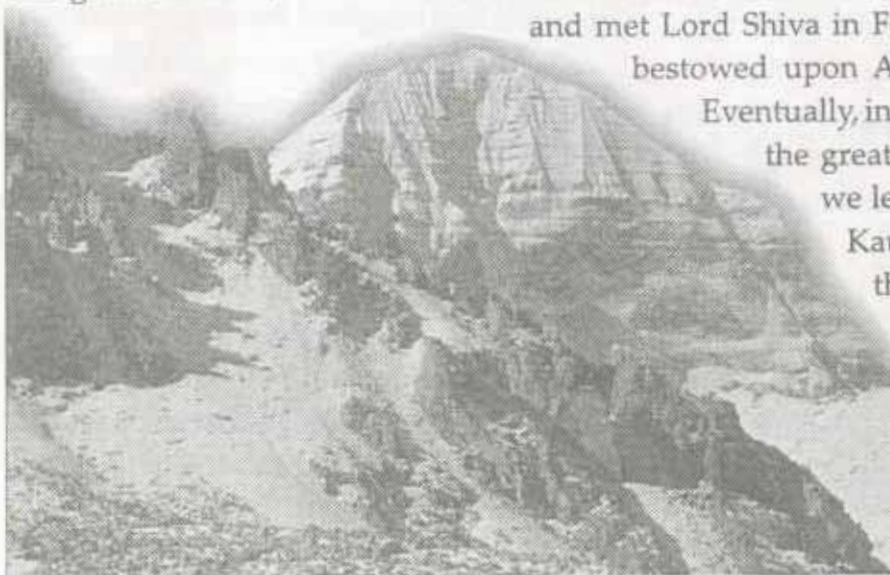
It is said that meditating on the Himalayas brings liberation in the form of true knowledge dispelling the darkness of ignorance and helps attain a pure state of the ultimate and not just the seat of the wise and source of waters that keep life, but the very fountainhead of 'Sumati' and 'Smriti' or knowledge and cognitive memory. As a proverb it is said, just as dew disappears with the morning sun, all sins get washed away at the very sight of the magnificent Himalayas. The whole of the Himalayas are viewed as the abode of Lord Shiva. He rests in different forms on these mountains with Mount Kailash being his permanent residence. He even married the daughter of the king of the Himalayan Mountains, 'Sati' or 'Himavati' or the Daughter of Snow.

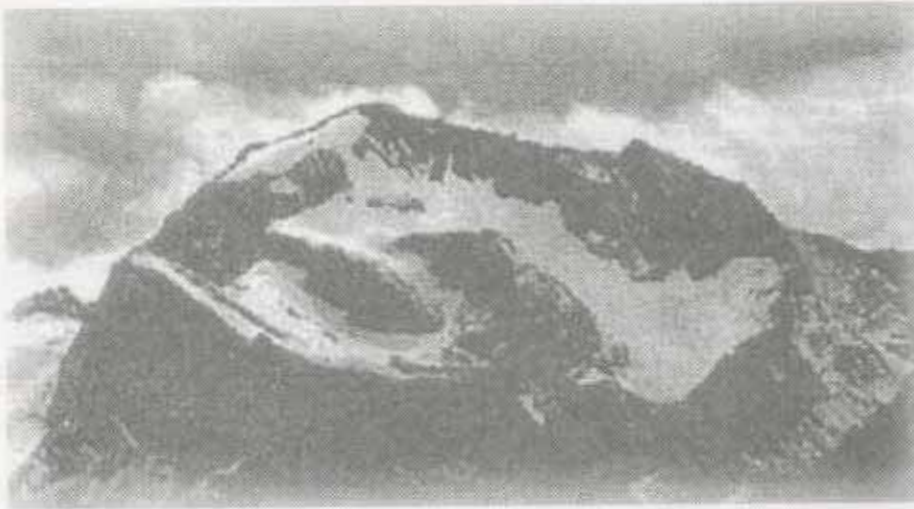
There are innumerable stories related and buried deep into these mystic snow white peaks of divine creation of Divine the Himalayas. It is said once the Pandavas, the five heroic brothers of the epic, Mahabharata, visited the Lord here in these recesses of mountain. When Lord Shiva saw them coming he, however, changed his form into one of a buffalo and tried to run away. The five brothers managed to get hold of him, but only his posterior. It is believed that in Kedaradesa only the posterior part of the Lord remains. His body was separated into five parts and spread all over the Himalayas and these five sites are together known as "Pancha Kendaras". The path to heaven is said to run up the Himalayas. Yudhishtira, of the Mahabharata, is said to have climbed these peaks in his progress towards heaven the one leading to the heavens is called "Swargarohini", where Swarga means heaven "Arohini" means ascent. Chomolungma is the "Goddess Mother of the earth" in Tibetan.

Romel Verma, Shri Mataji's SonIn law, once narrating his experience of his trek to the Himalayas referred Arjuna, who had to travel to northern part of India as separate entity (separate from his other four great brothers, who traveled out in other three directions). So he traveled across the Himalayas

and met Lord Shiva in Form of Kirata (Hunter) who in turn bestowed upon Arjuna His special powerful energy.

Eventually, in the pages of history this made Arjuna the great and powerful man on Earth. Later, we learn how he fought and defeated the Kauravas with great ease. Relating to this encounter of Arjuna and the blessings of Lord Shiva with His special powers, Romelji said that we could also absorb this special energy of Shri Shiva, and possess qualities of like Arjuna and counteract any negativity in our path with full





powers of Shri Shiva. The Himalayas, Abode of Lord Shiva is like a living dynamite of power, (14th February 2004 on the Eve of Shiv Puja 2004) Since ancient times, the Himalayan peaks have always held an attraction for seekers of knowledge and meditate in the solitude of the mountain vastnesses. The gorgeous beauty of the Himalayan Mountains embellished with

silver snow marks a magnificent paradise on earth. Where else on Earth do two of the massive tectonic plates that form the surface of the Earth overlap to form a wide, sky-high plain than in the spectacular Himalayan region? These majestic Himalayan ranges are located in the sub continent of Asia. Himalayas are erected as a protector for the countries like Nepal, Tibet (China), India, Pakistan and Bhutan. Himalayas are the world's highest mountain chain crowning the snow-capped peaks of 26,000 feet. (8000m). The Himalayan range forms a curvature of 1,500 miles through Southern Asia. The curved shaped Himalayas stretch out ahead the unbroken northern boundary of India and chisel across the Indian subcontinent as they carve intensely into the life encircling them. The Indian pilgrims who wander in these mountains in ancient times fabricated the term "Himalayas" from a Sanskrit word 'him' (snow) and 'alaya' (home) also means "the Abode of Snow". For centuries, the Himalayas have a strong impact on the inhabitants of India; their emotions were guarded by the blend of esteem, wonderment and apprehension. Indian Himalayan range stretches from west India to east India include 5 Indian states - Jammu and Kashmir, Himachal Pradesh, Uttarakhand, Sikkim and Arunachal Pradesh. . With double thick continental plates as a base, the peaks of the Himalayas raise up yet another two and a half vertical miles culminating in the tallest of the Himalayan peaks - the 29,028-foot peak of the Lapchi Kang (Everest). The great Himalayan peaks that ring the Tibetan plateau to the south catch the snow and form the rivers that water the plains below. Tibet itself is a magical place, the Land of the Gods and the location of the fabled Shangri La. Most of the Himalayan ranges are raised up to more than 3 miles above sea level. Ganges, Indus and the Brahmaputra the most sacred rivers of India flow from the snow clad mountains from the foothills of Himalayas that are the major rhizome. It also treasures the adventurous trekking excursion, lush green meadows and exhibits the imperial power, splendor and zest of Nature.

In Rig-Veda and Atharvaveda, the Himalayas is mentioned by the name Haimavata. No wonder then that a mountain of so many aspects is viewed in Indian mythology as having a 'divine soul'. It is called "Devatatma" in a Sanskrit poet Kalidasa's works. That divinity is an all-pervading idea can be seen by the fact that there is a reference to a situation where a sage catches sight of the mountain ranges in Krishna's stomach!

As the 5th century AD famous Indian poet Kalidasa writes in his poem Kumarsambhava: Astyurasyam Dishī Devatama Himalayo Nam Nagadhirajah Purvaparo Toyanidho Vagahaya Sthita Prathivya Iva Mandandah Means, in the Northern Part there is a mighty mountain by the name Himalayas- the abode of perpetual snow fittingly called the king of mountains, enlightened by the divine presence. These awesome heights spanning the wide landscape of Indian Peninsula from eastern sea to the western sea stand as if it were the measuring rod of the earth. Thus the Himalayas are a continuous source of inspiration

as well as life itself. These mountains defy description, not only because of their grandeur and expansiveness, but also because of the overpowering role played by them in the story of the world. Once upon a time, there lived a king called "Milinda". He

asked a sage called "Nagasena" about the Himalayas. The sage replied in a single verse which when translated reads: "The Himalayas, the king of the mountains, five and thousand league in extent at the circumference, with its ranges or eight hundred and forty thousand peaks, the source of five hundred rivers, the dwelling place of multitudes of mighty creatures, the producer of manifold perfumes, enriched with hundreds of magical drugs, it is seen to rise aloft like a cloud in the center of the earth." In fact, a text called the Sama Veda (Sam Veda) does describe the mountain



ranges to be the center of the earth. To the sage's description may be added that these ranges are the youngest in India and one of the youngest mountain systems of the world with many peaks yet to be christened. The Geological significance speaks of collision between the Indian subcontinent and Eurasian continent, which started in Paleogene time and continues even today, produced the Himalayas and Tibetan Plateau, spectacular modern examples of the effects of plate tectonics. Tibetan Plateau itself is a collage of micro plates or continental fragments that were successively

added to the Eurasian plate during the Paleozoic and Mesozoic eras. Paleomagnetic analysis indicates that these older micro plates were in the southern hemisphere during the Paleozoic era. Each older fragment, like the larger Indian Plate, made a long

northward journey. As the intervening ocean (Tethyan regime) was sub ducted, and was accreted to the Eurasian continent. The resulting sutures are marked by scattered occurrences of ophiolite, ocean floor material that was caught up between the crusted blocks during accretion. The collision that produced the Himalayas was only the latest, albeit climactic, episode in this long series of collisions.

The Indian plate continues to move northward relative to Asia about 5 cm per year. Given the great magnitudes of the blocks of the Earth's crust

involved this is a remarkable rate, about twice the speed at which your fingernails grow. This movement caused the rocks along the leading edge of the Indian plate to deform and fracture. Immense slices of Indian crust were pushed southward and stacked up to produce the Himalayas orogeny. Himalayas epitomizes the nature's creation on the Earth. As Shri Mataji once said, "India had to move to the north so that Kailasa could rise to complete the seventh chakra of the universe". (Informal talk, Dehradun, March 1979) What the Himalayas reveal is interesting while, what it conceals is enigmatic. Shri Mataji reveals the riddle wrapped in enigma enveloped in mystery regarding evolution of Nepal and the position of the majestic heights of the Himalayas.

"Nepal was named after a Rishi called Ne-Pal. Christ also came to Nepal. It is a special country created by Mother Earth. It was only a sea, after the Amrut -Manthan, the Himalayas started pushing up till it reached a certain point called the Everest. It was created to shield India, the Kundalini of the Universe. It was necessary to protect the Kundalini. It is the brain of the Virata. They had to fence some country to preserve the ancient culture. Shri Ganesh had to be placed in India. That is why I had to take my birth in this country, at the Tropic of Cancer." (Kathmandu Puja, At the Ashram, 30th March 1989)

... To be continued in next issue (March 2005)

A Prayer to Our Divine Mother

I live alone, Dear Lord,
 Stay by my side,
 In all my daily needs,
 Be thou my guide.
 Grant me good health,
 For that indeed, I pray,
 To carry on my work
 From day to day.
 Keep pure my mind,
 My thoughts, my every deed,
 Let me be kind, unselfish
 In my neighbor's need.
 Spare me from fire, from flood,
 Malicious tongues,
 From thieves, from fear,
 And evil ones.
 If sickness or an accident befall,
 Then humbly, Lord, I pray,
 Hear thou my call.
 And when I'm feeling low,
 Or in despair, Lift up my heart,
 And help me in my prayer.

I live alone, Dear Lord,
 Yet have no fear,
 Because I feel your presence
 Ever near.
 Amen
 By Sumi Sharma

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Mother said that one shouldn't chant any Mantra. If a particular chakra/Nadi is catching then the respective mantra should be said with Shri Mataji's name. If the stomach is paining then the mantra for the stomach should be said and not of the head. A Sahaja Yogi had discussed about Mantras with Shri Mataji and the experience is given below

An Indian Sahaja Yogi, Mr. Phadke, published a magazine called 'Bhakti Sangam' on the occasion of Mother's 60th birthday (21-03-83). Mother asked him to translate this Magazine from Marathi into English. Therefore an Indian Yogini translates the notes of Mr. Phadake.

Sahaja Yoga - Discovery Knowledge

In every sphere, self-experience is the knowledge of a seeker. A Sahaja Yogi who may be a teacher, a doctor or a scientist feels that Sahaja Yoga is 'the mother of invention'. It is interesting when a teacher at a deaf and dumb school, who has complete faith, wants to lead those deaf and dumb boys into Sahaja Yoga.

In those days, H.H. Shri Mataji was staying at Prabhadevi in Bombay and one got a chance, quite often, to visit that place. There, experimental realisation was given and Shri Mataji satisfied whatever questions arose. With pleasure, She would satisfy all the questions and discuss them all. Regular meditation and experiments were done at home.

The Chakras (seven of them) can be felt on both the hands. When the awakened Kundalini climbs towards Brahmarastra and pierces it, then the vibrations start flowing, the Spirit is then awakened. This is called self-realisation. Thoughtlessness is achieved in this stage.

Since Shri Mataji has closed the Agnya Chakra, The Gods and Goddesses cannot be seen on reaching this Chakra, only the sensation is felt on the tips of the fingers. That's when the question arises, 'Is there God?' Whether to believe it because Shri Mataji says so? Then, how could the saints see God earlier? And so all sorts of questions may arise.

Within a few days of meditation, colors were seen in the Agnya Chakra. It was rather surprising. Time would simply dissolve away while meditating. Two to three hours of meditation felt like 10-15 minutes only.

Regarding colors, it was confirmed by referring to the Dyaneswari. This was told to Shri Mataji one day at Bharati Vidya Bhavan. Mother said, "Mr. Phadake, Chakras and their colors don't mean everything. You have to go further ahead than that. These colors mean only a particle of the sea or sand. We have to reach to the complete sand as a whole. These colors are like the scenes we pass while traveling by train. We don't remember the scenes and get involved in them. We just have a destination to reach. We forget all that we pass on the way, in between. In the same way attention should not go to the colors you pass on the way to Sahastrara. How the thoughtless awareness comes, how it should be established for long time,

these should be observed. Only looking at the colors will reduce the attention at Agnya and it will be spoiled."

After hearing this I was aware and realised. Eight to nine years have passed. After that so many experiments were done and people have been cured and negativities been removed. I am a teacher at a school for deaf and dumb boys. So, what will be the advantage of Sahaja Yoga to these deaf and dumb boys? One day, I asked inquired about this to Shri Mataji. Shri Mataji said, "Boys will also get advantage of this, because the ear is also one of the five organs. These organs convey messages to the brain. The main power is different. If any disturbance occurs in the working of conveying the message, we can work it out through Sahastrara, but a lot of effort needs to be applied for that because the Sahastrara should be completely open. The Vishuddhi and Agnya Chakras of the deaf and dumb boys are already spoiled by their previous births. They should be purified and cleared, only then they can hear through Sahastrara instead of their ears. As our auditory center is in the brain, this center receives the hearing vibrations through the ears. If this message is received through the Sahastrara, then the work is done. The message, which is received by the auditory center, is connected to the speech center, by the way of answer. When it reaches the speech center. Then only we can answer properly. This happens in no time.

It struck us that we could experiment with becoming artificially deaf ourselves. We blocked our ears and went into meditation. Thoughtlessness came as soon as the Kundalini reached Sahastrara. It took quite some time for this to happen. The experiment started by plugging the ears with small cotton balls and further blocking the ears completely by putting the index finger into the ear until no sound was heard. As we went into deeper meditation, cool breeze started flowing on the Sahastrara and both the hands. Then slowly, sound started coming from the Sahastrara. One could define the words in the beginning, and later on, after putting on the radio, songs could be identified. That time it was a wonderful surprise: complete, deep meditation is required to clean these Chakras thoroughly.

After some consideration, it was discovered that in the deaf boys, the two organs i.e. of hearing and talking don't work like those of a normal person, so their energy is saved, whereas normal people use quite a lot of power in doing these. Such people have special powers. The blind have special powers of touch, which make them recognize better.

I brought 7 to 8 boys home and gave them realisation. I sat with them in the chain style with closed eyes. When I left the chain I asked them how they felt. From their answers it was known that some of them felt numbness in their legs, some had a tickling sensation in their backbone, all had got special, Divine Vibrations, which were flowing from one hand to another. In some way, all could see Shri Radha and Shri Krishna, but I could not. I wondered if my progress was less. I asked Shri Mataji about it. Shri Mataji smiled and said, "Their Agnya Chakra is spoiled so they see God. It is good that you cannot see anything as such because I have closed your Agnya Chakra and taken you to Sahastrara. So why do you come to Agnya? This type of vision is not required. Everything should be felt by the media of Divine Vibrations."

Then later the question was whether they were real deities that were seen by these boys? How could one be sure of that? Within 15 minutes we got the answers, through the thought that came into the mind. Once Shri Mataji had said in a lecture, "When you are in complete thoughtless awareness, and the

Continued on Page 20

अब्राहम लिंकन : एक संत राष्ट्रनायक

“अगर मुझे एक पेड़को काटने को ८ घंटे मिले हो, तो मैं ६ घंटे कुल्हाड़ी को तेज करने में लगा दूँगा।” - लिंकन अमेरिका में सारे बच्चे इतिहास में अपने १६वें राष्ट्रपति अब्राहम लिंकन की कहानिया पढते हैं। उनके जीवन से पता चलता है की उनके कर्मों में श्री कृष्ण के सिधान्त झलकते हैं। उनके जीवन का अध्ययन करने पर, प्रतीत होता है कि उनमें श्री कृष्ण तत्व कार्यान्वित था। इन्हीं सिद्धान्तों और अबोधिता से उन्होंने एक टूटे राष्ट्र को एकाग्र किया और नये अमेरिका की स्थापना की। अफ्रीका देशों से लाए गए लोगों को अमेरिका में मानवाधिकार दिलाने में उनका बहुत बड़ा हाथ था।



१९८० में श्री माताजी ने डेल कार्नेजी द्वारा लिखित एक पुस्तक का नाम बतलाया था : लिंकन: द अनजोन (लिंकन के जीवन का अवर्णीय पहलु)। यह पुस्तक साधारण पुस्तकालयों में उपलब्ध नहीं थी। एक लम्बी रबीज के बाद वह हाथ लगी। एक टोमी के नजर से देखते तो यह पुस्तक एक बहुत बड़ी उपलब्धि का वर्णन करती है कि किस प्रकार परमात्मा की शक्ति अविरत काम से

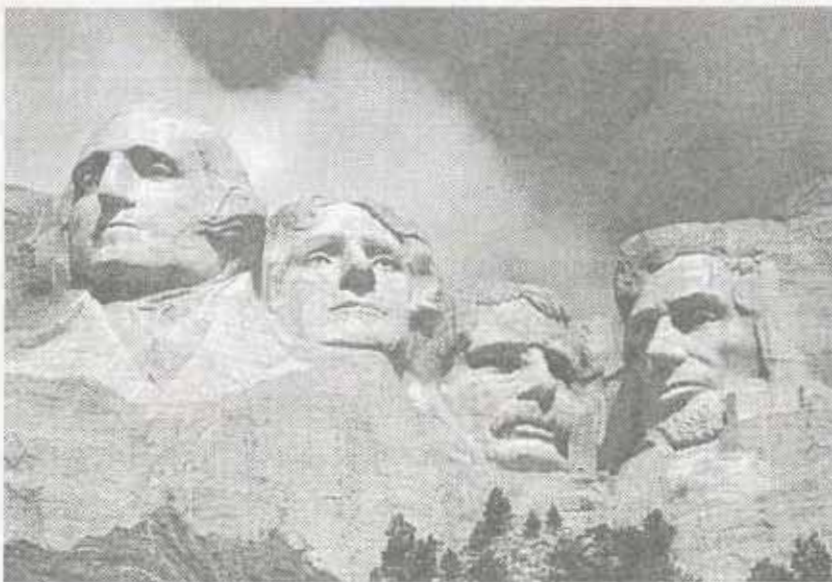
लिंकन को महात्मा तक ले गयी। कौन चाहेगा ओवल ओफिस (अमेरिका का राष्ट्रभवन का कार्यालय) का दबाव और अकेलापन और निर्णय का भार जो अमेरिका के सबसे कठिन समय पर लिंकन को झेलना था? लिंकन का जीवन जो की वेदनापूर्ण और निराशामय था, उन्हें एक ऐसे नियति में ले गया जो उनके व्यक्तित्व के सीमाओं के पार थी। इस पुस्तक में लिंकन के जीवन का ऐसा सुंदर वर्णन किया गया है, जो किसी ने नहीं किया था। एक साधारण मनुष्य होने पर भी जब उनके कंधों पर एक बहुत बड़ी जिम्मेदारी थी, किस तरह निराकार परमेश्वर की शक्ति से इस देश के कार्य कार्यान्वित हुए। ओवल ओफिस की सुविधाओं और ऐशों आरामों से विमुक्त होकर वे अपना कार्य करते थे। अपने निजी जीवन के वेदनाओं के कारण भी, संसारिक बंधनों से ऊपर उठकर एक महापुरुष बन गए।

लिंकन के माता - पिता गरीब थे। लिंकन अमेरिका के इन्डियाना राज्य में पले-बढ़े। उनका घर एक त्रिकोणाकार कुटीया थी, जिसकी छप्पर घास-फूस की बनी थी। अमेरिका के इस भाग में बहुत ही जोरो से शीत ऋतु महसूस की जा सकती है और इन असाधारण और दयनीय परिस्थितियों में उनको रहना पडा। गरीबी ने इतना जोर पकडा की वे आलू, दुध वगैरह भी

जुटा नहीं पा सकते थे। खाने के स्रोत भी बहुत कम थे : जंगलों में शिकार करना और जड़ी-बुटियों को बटोरना। बचपन में ही उनकी अतिप्रिय माताजी, नैन्सी हैन्क्स का देहांत हो गया था। बचपन में वे मातृप्रेम के लिए तरसते थे। उनकी सारी बचपन की पढाई कुल मिलाकर सिर्फ एक साल थी। किताबें वे खरीद नहीं सकते थे इस लिए अपने हाथों से कारे कागज पर विद्यालय के जरूरत के किताबों, निबंध, भाषण और कविताओं को लिखकर गुजारा किया। पूर्व राष्ट्रपतिओं (वोशिंग्टन, जेफ्फरसन) की लिखावट से उनकी लिखावट प्रेरित प्रतीत होती है। बचपन से ही उनको अपनी कल्पनाओं को व्यक्त करने की आतुरता थी। वे सहज ही अपने कल्पनाओं को कविताओं में ढाल देते थे। इस तरह, अमेरिका के सबसे महत्वपूर्ण पुरुष, गरीबी में भी कमल की तरह खिल उठे।

शुरु में उन्होंने कई तरह के कार्यों किये, लेकिन अपनी बुद्धि और सामान्य ज्ञान के बलबूते पर उन्होंने वकालत करनी शुरू कर दी। १८५२ में उन्होंने इलिनॉय्स की विधायकता में प्रवेश किया और ८ साल तक राज्यसेवा की और आखिर में वे राष्ट्रपति भी बने। राष्ट्रपति पद का एक कार्यकाल पूर्ण करने के बाद वे वापस इलिनॉय्स जाकर वकालत करने लगे। इस दौरान उन्होंने अपने जीवन का सबसे महान् मुकदमा लड़ा। एक निर्दोष व्यक्ति को हत्या की सजा दी जा रही थी। वह लडका लिंकन के गांव में मेला देखने आया था। हत्या मेले में पूर्णिमा की रात को हुआ था। इस घटना के पहले, दिन में इस लडके और मारे गये आदमी के बीच खुले आम झगडा हुआ था। इस लिए लोगों को यकीन था की मुकदमा लोकाचार था, उसे तो सूली पे चढाया जायेगा। मुख्य गवाह ने गवाही दी थी की उस रात उसने खुद आरोपी को हत्या करते हुए देखा था। कुछ दिनों तक लिंकन उलझे रहे। फिर उन्होंने पंचांग देखा। मुकदमे की काया पलटने वाली थी। उन्होंने मुख्य गवाह को कोर्ट में फिर से बुलवाया। गवाही फिर से कहलवायी और उसमें गवाह ने कहा की वह पूर्णिमा की रात थी। तब लिंकन ने पंचांग निकालकर न्यायालय में दिखवाते हुए कहा की उस दिन चाँद एक पतली सी कोर के रूप में था। इससे पता चला की गवाह, जो की असली खूनी था, झूठ बोल रहा था।

उनके कई किस्से उनकी प्यारी छवि को दर्शाते हैं, जैसे की दिन में मुकदमे लडते थे और शाम में उसी न्यायाधीश और बैरी वकील दल को चुटकुले सुनाकर लोटपोट कर देते थे।



अपनी जिंदगी के बारे में उन्होंने कहा, "मैं जन्म के बाद से सदा ही जीवन में सबसे साधारण श्रेणी में ही रहा।" उन्हें साहित्य से, और सही और गलत क्या है इन विषयों पर बात करने में रुचि थी।

व्यक्तिगत ग्लानि ने उनका सारी उम्र पीछा किया। उनकी मंगेतर टायफॉइड के बिमारी से चल बसी।

इस हानि से वे कभी पूर्णतः उभर नहीं पाये। बाद में उनकी मंगानी मैरी टोड नामक औरत से हुई, किंतु शादी के बाद उसने उन्हें कष्ट और वेदना ही दिये। लालची और जिद्दी स्वभाव वश उसने उनको जीवन में हमेशा कष्ट ही दिये। एक बार सन १८६० में वह बाजार जाकर २०,००० डालर का समान खरीदकर व्हाइट हाउस (अमेरिका का राष्ट्रभवन) के नाम बिल ले कर आयी। सारी खरीदी उसने खुद के लिए और घर सजाने के लिए की थी। आज के समय में भी यह एक बड़ी रकम है। लिंकन ने सारे पैसे खुद की आमदनी से चुकाया। उनकी मृत्यु के बाद, उस औरत को पागल घोषित कर दिया गया। लिंकन उसे शुरु में ही पहचान गये थे लेकिन उनको दिये गये नाम, ओनेस्ट अब्बे (इमानदार अब्बे), के अनुरूप उन्होंने अपना दिया गया शब्द रखा। उनकी विशुद्धी की शुद्धता उनके सदा सच बोलने, अपने शब्द का पालन करने और सारे कर्ज चुकाने में पक्के विश्वास से प्रदर्शित होती है। किन्तु अपने शब्द निभाने की कीमत बहुत मंहगी थी और उनको शांती और आत्मविश्वास उनको अपने कार्यों या उनके बेटे टोड के साथ बिताये गये कुछ अमूल्य क्षणों में ही मिलती थी। टोड उनके चार बच्चों में एकमात्र ऐसा बच्चा था जिसके जीवन में दुःखदायक घटना नहीं घटी।

प्रारंभिक दिनों के अत्यंत सूझानी, तेज और विनोदी अब्बे अधिकाधिक आत्मनिरीक्षण में रत और क्रियाशील व्यक्ति बन गये। उन्होंने व्यक्तिगत जिंदगी की थोड़ी भी परवाह किये बिना अपने देश के लिये सब कुछ अर्पण कर दिया। ४९ साल की उम्र से पहले ही वे एक दुःखदायी विवाह, अस्थिर राजनैतिक जीवन और धंधे में असफलता झेल चुके थे।

उन्होंने राष्ट्रीय कार्यलय में काम किया और २ ही वर्ष के बाद, ५१ साल के उम्र में राष्ट्रपति चुने गये। दास-प्रथा का मुद्दा इतना कड़वा हो चला था, कि उद्घाटन समारोह में उनके हत्या की साजीश रची गई थी। लिंकन प्रारंभ से ही मानते थे की अमेरिका संघ के बचाने से दास प्रथा बहुत ज्यादा समय तक जीवित नहीं रह पायेगी। संघ को बचाना उनका दृढ़ निश्चय था। कॉंग्रेस (अमेरिकी संसद) को १८६४ में, उनके भाषण के बाद, वे प्रेरणा की मूर्ती बन गए। उन्होंने कहा, “हम संयुक्त राज्य की गरिमा को पूर्ण ढंग से बचायेंगे, वरना पृथ्वी की एकमात्र और सर्वोत्तम उम्मीद खो जायेगी”। और जब अमेरिकी गृहयुद्ध शुरु हो गया तो थके-हारे सैनिकों के बीच घूमकर, उनसे हाथ मिलाकर और उन्हें आशिर्वाद देते हुए वह आशा की एक शक्तिशाली प्रतिमा बने।

राजनैतिज्ञों से लिंकन ने कहा “मेरा शासक केवल मेरा अंतरात्मा और मेरा भगवान ही है।”

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Shri Mataji in front of Lincoln Memorial

एक बार १९८३ में अमेरिका जाने से पहले दिये गये साक्षात्कार में श्री माताजी ने विशुद्धी चक्र के गुणों और लिंकन के विषय में बात की। उस साक्षात्कार का कुछ अंश इस तरह से था:

“ब्रह्मांड के शारीरिक तंत्र में, उत्तरी अमेरिका विशुद्धी का स्थान है। ऑस्ट्रेलिया सबसे निचे वाला, अर्थात् मुलाधार है। भारत में कुण्डलनी स्थित है, जो की सब चक्रों को एक धामे में पिरो सकती है।” ऐसे कहते हुए श्री माताजी ने उनकी रीढ़ की हड्डी के आधार से सिर के ऊपर तक एक लकीर बनायी और कहा: “पर अमेरिका तो विशुद्धी है, इतना महत्वपूर्ण चक्र..... विशुद्धी चक्र के देवता श्री कृष्ण है। विशुद्धी माधुर्य, स्वाभिमान, व्यचहार और सामूहिकता का चक्र है: जैसे आपके अब्राहम लिंकन। वे सामूहिकता के लिये खड़े रहे। अब्राहम लिंकन एक सन्त थे क्या आप जानते हैं? एक आत्मसाक्षात्कारी। आपके यहाँ कई महान लोग हुए। रूसवेल्ट को देखिये, उन्होंने कहा, “गरिबी, कही भी हो, हर जगह की सम्पन्नता के लिये खतरा है” इतना स्पष्ट! अमेरिका बहुत महान स्थान है। भगवान श्री कृष्ण का सुदर्शन चक्र इसकी रक्षा करता है।”

उनकी मृत्यु के ३६ साल बाद, उनके शरीर को उस स्थान ले जाया गया, जो अब वॉशिंगटन शहर में लिंकन मेमोरिअल (लिंकन स्मारक) के नाम से जाना जाता है। उनके अवशेष पहले भी १६ बार एक जगह से दूसरी जगह भेजे गये थे, और अक्सर उन्हें अच्छे से कभी नहीं रखा गया। ऐसा लगता है, कि शायद उनके चैतन्य कि शुद्धता के कारण ही उनका देह अखण्ड बना रहा। जब उनके देह के लिये एक स्थान तय हो गया, उस समय जिन लोगों ने उनकी देह को देखा, वे उन्हें अत्यन्त प्राकृतिक रूप में देख कर चकित रह गये।

“Divinity is not a fashion. It is the way of life. It is the need of your being. You have to become that.”

- H. H. Shri Mataji Nirmala Devi

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Muhammad Saheb

The Messenger Of God

Muhammad Saheb was born of the esteemed Qoreish tribes in Mecca on the 20th of April. His father was Abdullah and Mother was Aamina. Once an angel appeared before Aamina and told that she will have son who should be named as Muhammad (means "praiseworthy"). Abdulla went to Syria on business work; fell ill on his return and died at Medina. He never saw his little son. When Muhammad was born, Aamina was sick and hence she left the child with nurse named Halima. Halima had three sons and Muhammad spent his early childhood with Halima's family. Halima was poor and after Muhammad came to house, they became prosperous. When Muhammad was around five years, Halima left the child with his mother Aamina. Aamina was heartbroken after her husband's death and had become very weak. When Muhammad was seven years old, She went to graveyard of her husband in medina and died there. After Muhammad's mother died, his grandfather "Abdul Mutalib" and uncle "Abu Talib" brought him up. The chief occupation of his tribe was trade. From his childhood, he led a life of simplicity and poverty. His house, built of mud walls and thatched with date-palm leaves, often remained dark for want of oil for the lamp. At times he did not even have the flour with which to prepare bread.

Muhammad was an illiterate but from an early age he showed a remarkable aptitude for concentration. He was a serious child and never took part in pranks or frolic. As he grew up he earned a great reputation for his commitment, honesty and integrity. He always fulfilled his promises. One day, a man with whom he did business asked him to meet at the corner of a street. Muhammad went there but the man forgot. After three days, the man went there and was taken

Sayings of Muhammad

- ⊙ The wisdom of the believer is to get up in the night and his honour is to be needless from others.
- ⊙ People asked Mohammed sahib, "whom should we worship after Allah", and he replied 'The Mother'. Twice they repeated the same question and twice they got the same answer. This showed that he very clearly meant the Divine Mother.
- ⊙ The word, which comes from the heart, will sit in the heart.
- ⊙ The beginning of the prayer is silence (thoughtlessness).
- ⊙ Make cool your food until it gets blessed (vibrate it).
- ⊙ Don't hesitate to bow towards God because every bow will take one level higher and purify your sins (clearing out).
- ⊙ God orders you to do the namahs (prayer) so when you do the namahs, don't look to the left or right. When you pray to God, He is in front of you. (When you meditate, you are not in the past or the future, but in the present).
- ⊙ Those people who say God is only one and they believe and establish themselves will have no fear and they will not feel sadness.
- ⊙ On your hand is God's hand.
- ⊙ When your belief is pure, then a little meditation is enough for you.
- ⊙ Whenever you want to do something, hesitate one second until God will show you what to do.
- ⊙ When you get your resurrection, then in your hand there is a seed. If you can, sprout it in others. (When you get your self-realization, then you have the power to give to others).

aback to see Muhammad waiting for him for three days. The man said, when I didn't turn up you should have gone away. Muhammad replied, "Since he had promised to meet, I had to wait to keep my word". Because he was extremely trustworthy, he became known as Al-Amin.

One day, Muhammad accompanied his uncle to Syria on business. On the journey he met Bahera, a Christian monk, who immediately recognized in the young boy a future prophet. That time Bahera told him that He was sent by God to be his messenger. In all his teachings, Muhammad openly praises both Judaism (Abraham is deeply respected within the Koran) and Christianity (Muhammad frequently praises Jesus and Mary in the Koran).

When Muhammad was twenty-five years old he married Khadija, a widow of Mecca. She was a gentle woman of spotless character. She was also the first to follow Muhammad is considered as first Mohammedan (Muslim).

Every year during Ramzan, Muhammad went to a cave on a hill called Hira and meditates. When he was forty years old, one day he heard a voice say, "Read". He replied, "I cannot read". Again the voice commanded, "Read in the name of your Lord who created man from a clot". Muhammad got confused and came out of the cave but stood thinking on the voice he heard. Again, he heard the voice saying, "O Muhammad, you are the messenger of God and I am Gabriel". The voice continued saying, "Rise, for thou art the Prophet of God. Go forth and preach in the name of thy Lord. Your God is merciful".

When he returned from the cave, Muhammad was filled with divine majesty. After going to house, He narrated the whole thing to his wife and then she said, "You are faithful and never utter an untruth. Therefore, you may obey the call and follow the voice". She also takes him to her cousin, Waraqa who knew all the Hebrew and Christian scriptures. He listened carefully on the whole narration and said, "Yes, I believe you are the promised prophet". Waraqa said all the prophets got their revelation in the similar way like the experience of Moses on Mount Sinai. He believes in himself to be the prophet and goes all out to preach the divine knowledge. Khadija was the first disciple to profess faith in the Prophet. She became his disciple and the first follower of Islam.

"This is the only solution is to give them Self Realization. This Realization was called as miraj in the Koran. But they have said that nobody can get miraj. Muhammed-sahib got it, but nobody else like they have banned people from getting Self Realization, which is not true."
- Shri Mataji Nirmala Devi

After the revelation, Muhammad was commanded by God to tell his relatives about Islam. Islam means "Submission or Surrender" Surrender to the Will of God. Muhammad delivered public sermons on his faith to a large number of people, proclaiming the unity of God and denouncing the evil of drunkenness and impurity. He preached that they should worship only one God, they should respect women, and they should not lie, cheat and misappropriate money belonging to the poor. He said there are three types of Prayers to God, one is when you want something, second is because you are afraid of hell and the third is because you love God. He preached that everyone should pray God because you love God and for



nothing else. Though some ridiculed and turned away, others were converted by the power of his words. Once, he went to the Kaaba and proclaimed that there was no God but Allah. The worshipper of idols looked upon this as a great insult and attacked him, but was rescued by his disciples. He was abused and insulted frequently in public. The Prophet of Islam did not hold any debates nor did he challenge anyone to controversies and discussions. He silently converted people to his faith through his strong personality, charming demeanor and force of divine virtues. He bore with patience the persecution of his tormentors. His characteristics as well as the power of the verses of the Koran captivated the hearts of people.

Since Qoreish tribe were against accepting his faith and also planned to take his life, Muhammad fled from Mecca to Yaathrib (now known as Medina) in 622 A.D. The Muslim calendar begins on the day of this flight, known as the Hijrat. The people of Yaathrib were anxiously waiting for the prophet and when they got this news of Muhammad coming to Yaathrib, they all came happily and eagerly to receive him.

The people of Medina accepted Muhammad's faith readily because it was plain, simple and direct. With their help and with an army of men the Prophet later returned to Mecca, where he succeeded in converting his relatives and fellowmen. He then sent missionaries to other parts of Arabia in order to convert the entire peninsula to the new faith. In Medina, He constructed the first mosque for people to worship and offer prayers. Around the mosque, he constructed the houses for His followers to live and also school where he taught divine laws to the people.

Muhammad was himself a living example of the Divine's infinite capacity for forgiveness: many times he forgave enemies who had committed unspeakable atrocities against him and his brethren. He stood on divine truth and never compromised anything for this truth. In administering justice, he made no distinction between believers and nonbelievers, friends and foes, high and low. Sakhar, a chief of a tribe, had helped Muhammad greatly in the siege of Taif, for which he was naturally obliged to him. When two charges were brought against Sakhar, he decided against Sakhar and made him undo the wrong. He preached what was told by divine and made people imbibe these qualities by his own living.

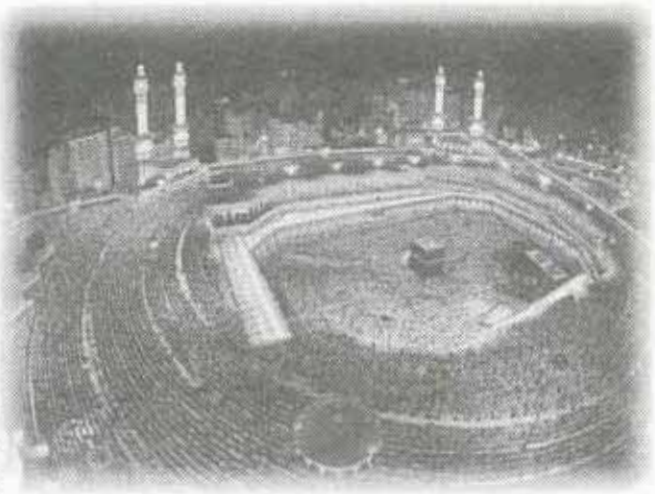
"So to get rid of this ego, we have a very simple method which Muhammad Saheb has suggested, which works very well, which is that you just have to take a shoe and beat yourself nicely everytime to get rid of ego."
- Shri Mataji Nirmala Devi

The teaching of Muhammad attracted numerous followers because it was very simple and came from an honest man who never posed as a world teacher. He often told his disciples that he was an ordinary man as they were, teaching them to believe in Allah and His revelations. He emphasized the principle of brotherhood and equality of man, and is based on austere, simple living and complete surrender to Allah. Hence the religion based on his faith came to be known as Islam that means "Surrender".

When the Qoreish tribe in Mecca learnt that Muhammad has influenced many people with his faith in Yaathrib, the chief of Mecca rage the battle to kill Muhammad. Till this time, Muhammad and his followers were silent and suffered the insult of Meccans. At this time God commanded Muhammad to fight against Meccans for self-defence. Since, lot of family had homes in Yaathrib, Muhammad chose a place called as Badr, which was eighty miles away from Yaathrib. This battle is also known as Battle of Badr. This battle ended with followers of Muhammad defeating the Meccans. The Meccans fled and Medinites came with the news of Victory to the prophet.

Muhammad's peak defining experience, called the Meraj, saw him elevated through the seven heavens to the realm of God Almighty at the resplendent Sidrath where he communed with God, received his

divine visions and instructions and was placed on the inexorable course of his life-mission to establish Islam. Muhammad was escorted by the archangel Gabriel, (a masculine force) but the vehicle upon which Muhammad rode was the beautiful "Buraq". The Buraq was a white horse with wings and the face of a woman! Clearly suggesting that the great power by which Muhammad was elevated to the level of supreme consciousness was ultimately feminine in nature! Some scholars say that the Buraq is an Islamic symbol of the Kundalini, a force that Eastern Yogis describe as the Goddess or Divine Mother. Even though, Fathima was daughter of Muhammad, He treated Her with great respect because He knew that She was a divine incarnation.



Kaaba, The Black Stone (Meccashwar Shiv) in Mecca

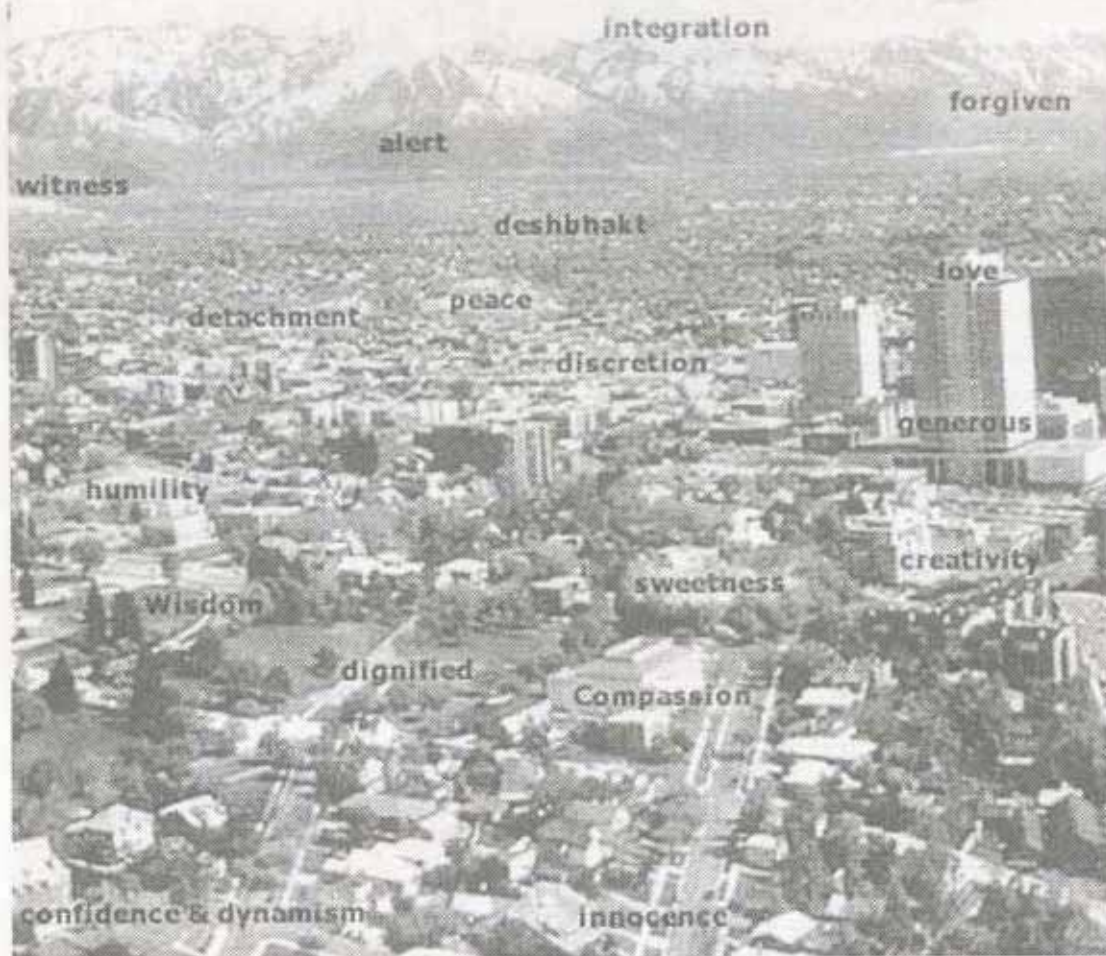
Finally, in 632 A.D., lot of people in Mecca accepted Muhammad's preaching and embraced his new religion, Islam. Muhammad went to Mecca, went round the Kaaba (the holy black stone) and delivered his last sermon there and forgave all the cruelties committed against him and exhorted his followers to look after their women and treat all human beings equally. On 12th day of Rabi-ul-Awal (632 A.D), he passes away and was buried in Medina, the city that had loved him and welcomed him dearly. Even now, all people who go to Mecca then go to Medina after the pilgrimage is over to visit his grave. Muhammad, like all the manifestations of the past, assured his followers that a great messenger would come after him. He said that the religion of God, which had come down from heaven through Him, would go back to God after the passing of thousand years. Finally He said, when no trace of God's religion was left on earth, the people would behold the face of God himself.

After Muhammad passed away, His daughter Fathimaji who was also an incarnation laid down some rules for women to protect their chastity. She was the one who started the Burkhs system. Fathima was very beautiful to look at and was in the midst of very aggressive Arabic people who never respected women. She covered her face with a cloth so that people never look at her and can maintain Her chastity. This is the way; She also protected the attention of men not to get distracted.

Now at this time of Kaliyuga, when no religion exists in its true form, the people have no option other than hold the face of God whom

The main injunctions of Islam are Namaz (prayer), pilgrimage, charity and firm belief in the oneness of God and His prophets, particularly Muhammad. The holy Koran, divided into more than one hundred chapters, opens and ends with the subject of the unity of God. The religion of Islam is essentially a religion of peace, for Muhammad was a lover of peace and non-violence. Selflessness and service to suffering humanity are the watchwords of Islam. In all his preaching, He had high esteem for women and regards Mary, Mother of Christ, as the most marvelous women and considers her as a high adept and living example of the pure and holy life. Later Koranic commentaries describe Mary as an intervening force between God (Allah) and humanity. This intervening force is characterized by Allah's mercy, forgiveness, sweetness and humility-the embodiment of Allah's love for creation. In Sahaja yoga, we know that this power is nothing but Kundalini, which is responsible for union with God.

In Sahaja yoga, we all know that Muhammad was none other than the incarnation of Adi Guru Dattatreya himself. He came on this earth to teach the people about divine laws in a very simple way that even a common man can understand. Also, we consider Fathimaji as the incarnation of Goddess Lakshmi. She is the beholder of purity in one's attention.



In the busy schedule of daily life do we have time to introspect? In meditation do we actually sustain our thoughtless state? Let us look inward and find all the qualities that we should have and that we should maintain. These qualities will not originate outside therefore look beyond the busy city.

Example: If we are not silent from within then how can we have ----- outside.

Ans: Find 'Peace' in the busy city.

- ❖ A man becomes a great man only with (1)-----
- ❖ Shri Ganesha obeys his Mother without questioning because he has (2)-----.
- ❖ Stop running after material desires and find (3)-----.
- ❖ Are we ascending or descending? Lets find (4)----- and surrender it to vibrations.
- ❖ By not reacting we become a (5)-----.
- ❖ To imbibe one of the qualities of Shri Lakshmi be (6)-----.
- ❖ Lets spread Sahaja Yogi with (7)----- & (8)-----.
- ❖ Are we in anger or have we (9)-----?

- ❖ If we love our country we won't be corrupt so we should have (10)-----.
- ❖ The meek shall inherit the kingdom of God. Lets have (11)-----.
- ❖ Communicate with (12)-----.
- ❖ Watch your attention and be (13)-----.
- ❖ Let our behaviour and appearance be (14)-----.
- ❖ The quality that transforms is (15)-----.
- ❖ The flower represents beauty but its fragrance represents (16)-----.
- ❖ The painting of Mona Lisa gives joy because the artist had enlightened (17)-----.
- ❖ Lets bring all our qualities in (18)-----.

Answer : 1. Compassion 2. Wisdom 3. Detachment 4. Discretion 5. Witness 6. Generous 7. Confidence 8. Dynamism 9. Forgiven 10. Deshbhakt 11. Humility 12. Sweetness 13. Alert 14. Dignified 15. Love 16. Innocence 17. Creativity 18. Integration

Continued from Page 10

Kundalini is on the Sahastrara, if you ask any question to yourself then you get your answer in thoughtless awareness and that is 100% correct, because that is the answer of God, that means through the Spirit."

In thoughtlessness, it occurred to me that seven Chakras are represented on our hands, e.g. the Shri Ganesha principle is in the middle of the wrist of the left hand on the heel of the palm. We meditated on this principle and were thoughtless and got divine vibrations. These children were realised souls and could see Shri Ganesha at the same time, which was seen in the color red. The children were joyous that they had actually seen Lord Ganesha. I was amazed with this experiment. I was glad that Shri Mataji has discovered Sahaja Yoga and that it is so great.

Now these deaf boys could understand Sahaja Yoga. If we get experience, then how can we not understand it? Shri Mataji has shown us everything that has never happened before. The direct experience is given through Chaitanya Sakshatkar; so one should take its experience and have one's life blessed in this world and in the same way that one light can enlighten others. However how much one may say about Shri Mataji's greatness it is never enough.

|| Jai Shri Mataji ||
Thank You Shri Mataji for
your attention on
everyone and everywhere.
Ritu Mehra, Chandigarh

|| Jai Shri Mataji ||
WITH BEST COMPLIMENTS
Malvika Agarwal
Gurgaon

|| Jai Shri Mataji ||
WITH BEST COMPLIMENTS
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ॐ कार प्रधान रूप गणेशाचें । जे तिन्हीं देवांचे जन्मस्थान ॥
अकार तो ब्रह्मा उकार तो विष्णु । मकार महेश जाणियेला ॥
ऐसे तिन्ही देव जेथोनी उत्पन्न । तो हा गानन मायबाप ॥
तुका म्हणे ऐसी आहे वेदवाणी । पहावी पुराणी व्यासाचीया ॥

