



The **Divine Cool Breeze**

January-February, 2005



## CONTENTS

1. Sahasrara Puja - Italy - 4.5.1986
8. Advent of the Masters
17. Mahakali Puja - Lonawala - 19.12.1982
23. Letter of Shri Mataji - 1
25. Letter of Shri Mataji - 2
26. Letter of Shri Mataji - 3
28. Mother's Shield of Love
29. A Poem by - William Blake
30. Ray Harris's reflections on Pluto

# **THE DIVINE COOL BREEZE**

## **Published by**

Nirmal Infosystems & Technologies Pvt. Ltd.  
Infosys House, Plot No. 8, Chandragupt Housing Society  
Paud Road, Kothrud, Pune-411029

## **Printed by**

**Krishna Printer & Designer**  
Vishram Nagar, Tri Nagar, Delhi-35  
Mob.: 9868230100

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# *Sahasrara Puja*

**Parvachan of Her Holiness Mataji Shri Nirmala Devi**

Madesimo, Italy - 4.5.1986

Today is a great day as it is the sixteenth Sahasrara day i.e. sixteen movements or sixteen beads to reach the highest position in the coil. It is complete. Sri Krishna is called as complete incarnation because he has sixteen petals. So now we go into another dimension. The first was where you got your self realization. In the evolutionary process the animals are not conscious of many things which human beings are conscious of. Like matter cannot be used by animals for their own purpose. Also they are not concerned about themselves at all. If you show a mirror to animals they do not react to their own image in it. When we become human beings we become aware of many things in our consciousness which were unconscious to the animals. In their brains they could not understand that they could put matter to their own use.

As human beings you were all unaware of the chakras that existed within you. Your consciousness was still working half through unconscious working of the chakras and the conscious working of the mind. You also never felt the autonomous nervous system or your inner organs and how it worked. You did not even feel how you are getting affected by other influences. As a result, the freedom that human beings were granted they gathered all kinds of things into their brain, into the Sahasrara, without being aware of it. They used the Sahasrara/

brain for all kinds of fruitless purposes. They were not aware of the warning that Sri Krishna had given that if you use human awareness except for your ascent you will go downwards.

In the west, people thought that by using their brain power they can use matter for their own purpose. If they had done it after their self realization it would have been a very different situation because after self realization you have all become aware of vibrations, and also of your chakras. With this new awareness you would have avoided all that is wrong. But it is like a greedy person who gets a bit of money and spends it all. Now this problem has complicated your brains.

The way we have started with machines we have become machines ourselves. So we have no feelings and we cannot relate to others in a natural way. In human awareness you had achieved how to relate to others and to yourself. But this ego oriented approach took you away from natural real life. And we become artificial. Like its fashionable to be arrogant or snobbish. This is just the opposite of your ascent and evolutionary process. All the organizations which you have formed on collective understanding are also artificial. Then a movement started that we have to be natural. That is also another copying of the artificial. Natural does not mean we become artificial. It

means to evolve. The whole purpose of creation is to evolve.

This arrogant concept you accepted very easily because you have got brains and you accept every thing that comes your way. So you became so artificial that you needed some sensations to feel yourself. In every walk of life there is a conceptual artificial understanding e.g. sex is such a natural normal thing, but you make it so artificial that you now have sex in your brain. Not only have you silenced Ganesha in the Mooladhara but also Maha Ganesha in your brain.

Even art should be according to what is laid down. So you condemn everyone. And you ultimately reach a conclusion that the most insipid thing is art. Like when you take out all the juice out of sugarcane whatever is left is art. The brain which does not nourish the heart is absolutely an artificial brain just like a robot. And people have become just like robots. A robot can be handled by anyone who has a mastermind. Because you do not have your own heart so the brain be controlled by somebody who has a greater brain of concepts. All these concepts are destructive. As Hitler got the concept that he is an Aryan and he is of a superior race. He did not mind destroying the whole world. Same is the case in the religious field. Every religion was poured into the cups of concepts. First they also tried for political domination.

When I started my life I saw complicated Sahasraras. The more I tried to solve the complications within my own awareness the more difficult it became because if you see my age, in 50 years you can see how much complicated human beings have become and after opening the Sahasrara when I came to the west within these 16 years, I saw that they are now incorrigible. Now the stage for you is laid down to ascend higher.

You can see that there will be five hundred people for a program and within two weeks all will disappear. Because when the ascent takes place, the Kundalini pushes out the ego and brings the person close to reality. But again that ego which is being built up so fast in its speed, overpowers the speed of the Kundalini and covers the head. Then it suggests that how you can have godly life.... you will miss all the alcohol, all the madness, all the fun of life, and you will lose all the freedom to become mad. You have to do something really stupid to sell it to their minds. e.g. somebody has become rich selling empty tins as lamps. All kinds of stupid things which are nowhere near natural beauty or natural joy are accepted as sophisticated. On the other side the asuri vidya (black vidya) has taken over. As Sri Krishana has warned in the first chapter that if asuri vidya takes over then shudha vidya cannot compete with the speed of the asuri vidya. Like in America there has been a big argument among Sahaja Yogis if my photograph should be in the

drawing room or not. But if you ask them to paint their nails black, their faces black and wear black clothes, they will do it. Even at this stage when we are Sahaja Yogis we are shy of our godly life.

When they became hippies or punks or stupid they gave all their life, time and money. They changed their dresses, their family life, their life styles and went all out. Even when Sahaja Yogis are convinced about the godliness of Sahaja Yoga, they are shy. Now you know that your Mother does not take money from you. On the contrary She spends. You have gained out of it. But when it comes to giving, everybody feels shy. From such a background you are coming to the light of God's Grace. But you do not want to dash at it. You want to take your time gradually, so gradually that may be you may lose your chance.

So in the awareness of Sahaja Yogis where you know all about chakras, you know about vibrations, you know how to relate to others, still all this knowledge is for personal advantages. So the shadow of the past still lingers on, even when you have this new awareness. Animals can swim automatically. They don't have to learn to swim. But human beings have to learn to swim. They have forgotten the techniques which were known to the animals and have taken to the techniques of human beings. But in Sahaja Yoga you have got your realization in one life time and in this life time you have to grow, and in this life time

you have to achieve the highest.

The time is very short and the background is so dark. You are surrounded by people who are pouring out destructive concepts every moment. You are the people who have to shoot out much faster than all of them. Though you understand that your awareness is very different from them, a kind of lethargy does not accept it the way it should accept Sahaja Yoga. Everyone of you must think everyday what have I done for Sahaja Yoga. But you all are still very busy with your jobs, or making money or have relationships with people who do not matter at all in Sahaja Yoga. We have to make an all out effort to rise to that point that whatever we know or believe in, we act on that and become one with it. You can do that with concepts but not with reality. This is the problem. For e.g. a fanatic believes that he can do such and such things in his own religion, he'll do it. But the concept is not reality. It has given no benefit and shown no performance of any substance and still people do it.

When they were fighting for freedom, my father himself gave up all his property, gave up his practice and with eleven children in the family we were living in places and we started living in huts for years together. For the gross freedom we do anything but for the subtle freedom Sahaja Yogis have to do everything that is possible.

The first thing is to realize and be aware in your

conscious mind all the time that you are Yogis. You are the ones who are very much higher than the rest of humanity. That the salvation of the whole of humanity depends on you. The purpose of creation will be served by you. So first of all you have to be conscious in your consciousness that you are so important, that's why you were given realization. How can you be living with your conditionings and your ego. The conditionings are like this - you are coming from a Christian religion, you bring little bit of that Christian religion into Sahaja Yoga. Or if you are a Hindu you want to bring something of Hindu religion. We have all the pure essences of these in Sahaja Yoga, but we can have the gross nonsense. All these things are like dirt over our Sahasrara which must be shaken off.

Though now you are aware and conscious of your chakras you do not keep them clean. Ordinary human beings have clothes and houses which they try to keep clean. But you do not feel ashamed of them also when they are bad because after some time you also lose awareness of them. That means you have become subtler but in your consciousness you are not yet subtle and there are so many things you know more than non-realised people as absolute reality - e.g. we do not even have vibrations whenever it is needed. Or sometimes mechanically like a machine we start giving bandhans. So you are still unconscious about your chakras. Slightly conscious when you put your mind to it but in your central nervous

system not yet so conscious. This is the reason why you do not know why you have to do a particular thing at a particular time. Unless you rise to this nirvikalpa stage you cannot go further, e.g. I know everything what I do. I can handle any power wherever I want to. I can absorb any negativity I want to. I need not absorb any negativity I do not want to. **You may be thousands of miles away from me, I know about each one of you. I may not know your wordly names but I know you as a part and parcel in my being.** I also can behave like a human, absolutely like you, ageing like you, using spectacles, doing all the things that will make me a complete human being. I have accepted this role consciously not unconsciously, to me nothing is unconscious. So if you have to be conscious of what you are doing you have to be alert about it.

The first thing you have achieved is the peace. But even now I find that peace which should become joy becomes a quarrel. Truth is one, You cannot argue about truth. It is homogenous. It does not quarrel with each other. We are unconscious about our fingers but when we have to hold something all of them come together. So the part of the brain., the unconscious part of it, is to be made conscious. This is what evolution is. Adherence to any concept is against evolution. You must learn to face and accept the reality and act in a real way. Miracles may be for human beings, may be for Sahaja Yogis also, but not for me, for I know what it is.



Above this half way consciousness one has to see how you are working it out. The whole system of relating to each other must change completely. That is very important because human efforts lead you nowhere. You have to take your ascent. Some of them do take advantage of Sahaja Yoga and then disappear. But mostly they know that you have to be conscious of what you have got. So we can say we have got self knowledge but we have not yet got self-consciousness. For example you take the name of a great saint and the vibrations start flowing. Also you know why, because he is a saint. But not you Sahaja Yogis. **If your names are taken why don't the vibrations flow?** And in this you have greater advantage because the Adi Shakti herself is before you. They did not have anyone to tell them all these things. But you take it for granted.

In expressing when we say something, are we natural, that is, from our heart? The consciousness that I am doing it from my heart is what I want you to achieve. Like there are people who work very hard in Sahaja Yoga and others take it for granted. They do not want to help. They want everything readymade. That shows that they are not conscious of their own powers of enjoyment. If they do it from their heart they will never feel the effort put in or what they have achieved. The sense of fulfillment and satisfaction will overcome all your problems, specially your left vishuddhis.

The second stage will be when you will be

conscious of whatever you are doing, there will be no mistake. Whatever you will do which appears to be a mistake will turn out alright. For example today I want to set my watch so I pulled the screw out. This I did in a way unconsciously but quite consciously, because the watch stopped and I knew what time I had to be there. So consciously I put myself against myself. If the watch had not stopped I would have come earlier but that was not the time to come and I had to pull the screw to keep it stopped. So whatever mischief you play, you know and you can play it against yourself and then you can make drama. But such a stage is far off. Just now the stage at which we are, making lots of mistakes because we are not conscious of the self.

**But when it is your ascent, are we alert or are we taking it for granted that Mother will take us there. This is being childish. You have to mature in your in your ascent. Face yourself, everyday. In reality see how much time you spend in mundane worries and how much about your ascent. Have you left everything, all your worries to God Almighty? Have you completely jumped out of your background ? Have you come out all the way leaving all nonsensical things ? And how do I relate and talk to other Sahaja Yogis?**

I am surprised that if one Sahaja Yogi is attacked by a non-Sahaja Yogi, a Sahaja Yogi group supports a non-Sahaja Yogi. Or a Sahaja Yogi

who has to come up pays more attention to negative people than the positive. He is more friendly with such negative people. You have to cling to the positive people. It is also a very subtle ego in them.

But with your complicated brains which is like a spoiled computer you can reach wrong conclusions of whatever I say. Like I say forget the past. Does that mean that you forget all the good of the past? Forget the past means not to allow the past to overpower you. A brain which is simple and straightforward and has love in it can understand what I am saying straightforward. This complicated brain is to be put right and the best way is to stop thinking. When you stop thinking you feel that you cannot do anything. For example I give you a speech, but you only think about it. Can you hear my thinking? Just by thinking of these lights they cannot get enlightened. **Thinking is a lazy man's garb and is used to avoid work.** It is an escape, a cleverness.

Do not argue about Sahaja Yoga. Do not argue with your leaders. You may be his wife but you do not argue. And as far as Sahaja Yoga is concerned the wives should not influence their husbands against as they have nothing to do with it. In this case the women should nourish the organisation and nourish the husband with love from their heart and not their brains. I think it is so great to have been a woman myself because I can enjoy the heart, the emotions of my love, the working and the play of my love. Its so

great that no incarnation can enjoy that as I can. So the women should not feel degraded if they have to look after the heart. They are in a way on a higher aspect, for you can do without thinking but you cannot do without the heart. One should not argue. If the women are very argumentative the men become deaf. They do not listen to the women. If they are very aggressive then the men absolutely shut up. So you must behave in a natural way that you are a man and you are a woman. You should become more a woman and more a man. And then you will see the fun.

In our awareness we have to be conscious how far we have achieved the consciousness for our relationship with each other i.e. the collective consciousness of Virata, of the brain i.e. the Sahasrara. So in principle Sahasrara is Vishnu Tattwa. But the Deity is Sri Mataji Nirmala Devi. So you can see the beautiful integration that has taken place. All the powers of Sri Vishnu have to act according to the Deity at the lotus feet of the Deity. So the consciousness of Sri Vishnu is absolutely in the hands of the Deity. So whatever is working out allow it to work out. Surrender your Sahasrara to this Deity. It is so simple for you because you have the Deity. You have your own Sahasrara and its only you the people who are Sahaja Yogis today in modern times who have seen that Deity.

You have asked for three things

- |           |   |                  |
|-----------|---|------------------|
| Salokyam  | - | To see God.      |
| Saamipyam | - | Closeness to God |

Sanidhyam - The companionship with God.

But you have taadaatmyam i.e. oneness with God, which is not in the concept of anyone of the Yogis, sains and the seers. For this Taadaatmyam you have when you are outside my body, while they have this Taadaatmyam when they are inside my body when they are no more.

So you should understand the time limit. You must understand your greatness and you must understand how you people are chosen for the highest work in this creation. Now there is no time for lethargy. You have to rise and awake. Today is the day when I hope you jump into Nirvikalpa. But only by effort you will stay there otherwise you will slip down again. So go through this lecture again and again. Think about it. You must know yourself how far you are going everyday.

Today is the special day of Sahasrara. The puja would have been tomorrow but we are having it

today. So one must know that the calendar of God has nothing to do with the human calendar. According to certain calendars I should have come 2000 years later and some think I should have come 2000 years before, in this form. So the calendar is alright.

You are not robots or machines. You are evolved through evolutionary process and through evolutionary process only you have to achieve the highest. Its you who have to show the results. We may take your Sahasrara to a great enlightenment but again it will collapse. So you have to know whatever heights you are brought to, it is you who will have to maintain it with full will power and action.

This lecture is a concern of your Mother. You can understand it but it has to become your consciousness. It can happen if you keep it there.

May God Bless You.

# ADVENT OF THE MASTERS

	JANAKA	10,000-16,000 B.C.	INDIA
	ABRAHAM	2,000 B.C.	MESOPOTAMIA
	MOSES	1,300 B.C.	EGYPT
	ZARATHUSTRA	1,000 B.C.	PERSIA
	LAO TZE	604 B.C.	CHINA
	CONFUCIUS	551 B.C.	CHINA
	SOCRATES	469 B.C.	GREECE
	MOHAMMED	570 A.D.	MECCA
	NANAKA	1469 A.D.	INDIA
	SAI NATH	1856 A.D.	INDIA

## CREATION OF DATTATREYA

The sage Narada went to the Goddesses Saraswati, Lakshmi and Parvati, saying that Anasuya, wife of Atri, was the most virtuous woman in any of the worlds. The Goddesses sent their husbands, Brahma, Vishnu and Shiva to test the piety of this woman. Anasuya washed her husband's feet and then sprinkled the water on the Gods, who were disguised as Brahmins. They were turned into babes. The three Gods deprived of the power to return to

their original form, were trapped at her hermitage. Saraswati, Lakshmi and Parvati came in search of their husbands, but she said she had some claim as she had nursed them so long. The Gods agreed to create a combined form with three heads and six arms if she released them. This three-headed divinity was named Dattatreya. The central head represents Vishnu, the right head represents Shiva and the other Brahma. The dogs which are depicted

with Dattatreya represent the perfect devotees, faithful to their master.

Adi Guru Dattatreya is the archetypal Guru, that is, He is the prototype or original model from which all gurus emerge. He is the Guru Principle. As the Adi Guru, He has incarnated many times to guide mankind. He came as the ten great Primordial Masters. From Janaka through to Sai Nath, this great principle has incarnated to give form to God's love for mankind, returning again and again to correct our mistakes and bring us back to a God-centered life.

The patience and love of the true guru is clearly illustrated in Shri Dattatreya's repeated, preserving, incarnating guidance. It is Guru Dattatreya who leads mankind across the Void, bringing us from the treacherous oceans of illusion to the safety of the far shore where Shri Mataji, as Shri Durga, waits for us with outstretched arms! Lord Dattatreya had only one job to do, to establish our dharma, so that we could evolve. Each of his manifestations had only this to do.

Lord Dattatreya himself is the essence and innocence of Shri Brahmadeva, Shri Vishnu and Shri Shiva. He is the integration of all the three Gunas, and above all is innocence itself. One is constantly reminded of Shri Mataji's emphasis on the first, and most important aspect of the Guru, Shri Ganesha. Innocence is the wellspring

of the guru of Wisdom. In his manifest forms, as Confucius, Zarathustra, Lao Tze, Nanaka, Moses, Abraham and Muhammad, Lord Dattatreya has been the foundation of great religions, preserving man's dharma.

Shri Mataji has explained, "Adi Guru Dattatreya worshipped Mother along the banks of the River Tamasa. Tamasa is the same as your Thames. And He Himself came and worshipped here....in this great country of Shiva, of the Spirit.



### RAJA JANAKA AND THE BOWL OF MILK

There is a beautiful story told by Shri Mataji about Raja Janaka :

"You know, kind Janaka was called as 'Videha'. The great sage Narada asked him one day, 'Revered Sir, how are you called as Videha? You live in this world. How can you be a Videha? Raja Janaka said, ' this is very simple. I will tell you about it in the evening. Now please do this little job for me. There is milk in this bowl. You take this bowl and come along with me. Please see that not a single drop of milk is spilled on the earth. Then only will I tell you why I am called Videha.'

Narada took the bowl and followed Janaka everywhere. He had to be very careful because the bowl was such that by the slightest

movement the milk might have spilled. He got quite tired. When they retired for the evening, Narada asked, 'please tell me now. I am getting quite fed up with carrying this bowl and following you everywhere at the same time.' Raja Janaka said, 'first of all tell me what you have seen ? Narada replied, 'Nothing except this bowl of milk so that it won't spill.' Raja Janaka said, 'Didn't you see there was a big procession in My honour, then there was a court wherein there was a program of dancing? Didn't you see anything? Narada answered, 'No, Sir, I have not seen anything.' Raja Janaka said, 'My Child, likewise with Me, I also see nothing. All the time, I just watch my attention, where it is going making sure that it won't spill away like the milk.'

Explaining Chitta-nirodh, Shri Mataji said, "this sort of attention one has to develop by watching attention. Chitta-Nirodh. Nirodh means the saving of your attention. So your attention should not be on saving money and worldly things and all that, but attention itself must be saved. As you watch your money, as you watch your road when you drive, as you watch your child when it is growing, as you watch the beauty of your wife, or the care of your husband - all put together you watch yourself, your attention."



## ABRAHAM

Abraham exemplified virtue, righteousness,

humility and total surrender. He would rush from his tent and greet the traveler on the dusty road, beseeching them to enter his own tent and have "just a little bread". Abraham would treat the travelers as if they were honoring the tent with their visit. So in a profusely ingratiating manner, the prophet would receive his guests as gems dropped from Heaven.

"My Lord, if I have found favour in your sight, do not pass by your servant. Let a little water be brought, and wash your feet, and rest yourselves under the tree, while I fetch a morsel of bread, that you may refresh yourselves, and after that you may pass on-since you have come to your servant (Genesis 18, 3-5).



## MOSES

The "Ten Commandments" contain the ten basic virtues or dharmas for all mankind. Shri Mataji says that as carbon has four valencies, as the quality of gold is its un-tarnishable nature, so man has ten valencies. These are the ten sustenance points representing the ten petals of the Nabhi Chakra. It is because of these that we stay spiritually pure enough to ascend. The significant difference between man's valencies and those of carbon is that man has the free will to consciously choose them, whereas carbon is bound to its valencies by the laws of nature.

These are the Commandments that God

proclaimed to Moses on Mt. Sinai :

I am the Lord your God.  
 You shall have no other God before Me.  
 You shall not take the name of the Lord your  
 God in vain.  
 Remember the Sabbath Day, to keep it holy.  
 Honour your father and your mother.  
 You shall not kill.  
 You shall not commit adultery  
 You shall not steal.  
 You shall not bear false witness against your  
 neighbour.  
 You shall not covet your neighbour's house.



## ZARATHUSTRA

Ideas of good and evil, Heaven and Hell, angels and devils, are inherent. Everything was harmonious in the Universe until the angel Ahriman rebelled and was driven from Heaven. Hence the fight between good and evil will endure until the judgement Day. Then the World will be renewed and evil will pass away. The pure soul will attain the realization of the kingdom of Heaven.

"The soul which is afraid to fight against evil has failed to carry out its Divine mission and has wasted its life during its sojourn in this world."

"On the day of Resurrection you shall be answerable to Ahura Mazda for your thoughts, words and deeds in this world."

## Joy

The Avesta tells us that the highest aim of our lives is to attain perfect happiness (Joy). The means of doing this is to know God's Will and to act in harmony with it. "Let the joy of living fill your heart to overflowing."

## Marriage

Chastity is one of the chief virtues of Zoroastrianism. Marriage is one of the most inviolable contracts and children are a blessing. Women are the sustaining powers of marriage and mankind. "A chaste woman is the noblest creation of Ahura Mazda".

Woman is the marvel of creation. Unrivaled and unequalled in form and beauty is she in the seven realms. She is the blooming flower in the garden of life that breathes perfume all around."

"Woman is the teacher of gentility to man. She helps man grow in moral height. She is the sustaining power of the Life of man."



## LAOTZE

The Tao is most akin to water, since water has the quality of being able to take the form of any vessel which contains it. Hence it is the most flexible and spontaneous.

The Tao is female in nature and is described as the Mother of all things. It is obviously the Kundalini Herself.

"The spirit of the valley never dies. This is called the mysterious female. The gateway of the mysterious female is called the root of Heaven and Earth. Dimly visible it seems as it were there yet use will never train it."

From Lao Tze's teaching we learn that a Guru's purpose is to spread the light of the Divine by becoming a channel that enlightens seekers and takes them to higher levels. Lao Tze was the embodiment of the Guru that expresses the Divine. This is not only seen through His teachings but also in his life. He could only see one thing : Tao or God as the absolute. There was no compromise. He was pure in attention.

A Guru teaches by having tremendous compassion. Lao Tze could love any seeker because He could recognize the Divine in them. It was that which he loved and it was that to which He directed His teaching. A Guru teaches that which is pure. Purity enables us to see through the illusion of the Divine and there we find detachment in joy, contentment in love and absoluteness in the Spirit. When one becomes the Guru, one is absorbed in the ocean of the Divine. We are soothed, we find nothing matters, we know it is going to be all right because we become purity.

"The world had a beginning  
and this beginning could be the Mother  
of the world,

when you know the Mother  
go on to know the Child  
go back to holding fast to the Mother,  
And to the end of your days  
You will not meet with danger."



## CONFUCIUS

Like His personality His teaching are natural, human and simple. Actual life was used to illustrate His points since this was easy for the people to understand. He divided life into five relationships which were :

- i) Kind and minister
- ii) Husband and wife
- iii) Father and son
- iv) Brother to brother
- v) Friend to friend

To conduct these relationships in a virtuous and respectable manner was to follow the will of heaven. He distinguished between a spiritual and a materialistic man thus : "the superior man understands what is right, the inferior man understands what is profitable." There were five virtues of nature according to the sage : benevolence, righteousness, propriety, wisdom and sincerity.

Just as Shri Mataji has stressed the importance of sincerity in Sahaja Yoga, for example the necessity of singing and praying with love from the heart, so also Confucius said, "Sincerity is



that by which self-completion is finished. The possessor of sincerity does not merely accomplish completion of himself, with this quality he completes other men." This quotation takes an added significance when it is considered in the light of Sahaja Yoga: an open sincere heart facilitates the Kundalini's passage up the Sushumna nadi.

### ⊕ SOCRATES

Socrates guided his pupils to the truth by considering ideas in their various aspects until the right answer was established. He brought forward the Theory of Forms: "as above, so below." The unseen Realm of Forms is the Divine and heavenly strata of the Virata which contains the blueprint for all the earthly replicas. Everything on the earthly plane of existence is merely an imperfect reflection which is subject to changes and human imperfection, while that which exists in the absolute is divine, perfect eternal and unchanging. The soul originates in the realm of forms and through seeking and aspiration eventually returns to it. This is the point in our spiritual evolution which we are now working towards in Sahaja Yoga - by putting our vibrations we enter the kingdom of God. "He who enters the next world unanimated and unenlightened shall be in the mire but he who arrives there purified and enlightened shall dwell among the Gods."

### ☪ MOHAMMAD

Shri Mohammad spoke extensively about the day of Judgment, promising Paradise to those who followed a righteous life as explained in the Koran, and Hell for those who turned away from God and his Messengers. Speaking of the Day of Judgment in **Sura XXIV** He says:

"24 On the Day when their tongues,  
Their hands, and their feet  
Will bear witness against them  
As to their actions.

25 On that Day God  
Will pay them back  
(All) their just dues,  
And they will realize  
That god is  
The (Very) Truth  
That makes all things manifest."

**And in Sura XXXVI:**

"65. That Day shall we set  
A seal on their mouths  
But their hands will speak  
To us, and their feet  
Bear witness, to all  
That they did."

**From Sura VII:**

"57. It is he who sendeth  
The Winds like heralds

Of glad tidings, going before  
 His Mercy : When they have  
 Carried the heavy Laden  
 Clouds, we drive them  
 To a land that is dead,  
 Make rain to descend thereon  
 And produce every kind  
 Of harvest therewith : thus  
 Shall we raise up the dead:  
 Perchance ye may remember.

“58. From the land that is clean  
 And good, by the will  
 Of its Cherisher, springs up  
 Produce (rich) after its kind :  
 But from the land that is  
 Bad, Springs up nothing  
 But that which is niggardly:  
 Thus do we explain the Signs  
 By various (symbols) to those  
 Who are grateful.”



### NANAKA

At ten years of age His mother thought it was time He took part in the sacred thread ceremony. As the thread was being put over Nanaka's neck, Nanaka cried, “Wait, Sir, why must I wear this thread? Will it make me good and kind?”

“I'm not sure.”

“Then it is of no use to me. Give me instead a

thread of mercy and contentment.”

“A tree is known from the fruits it bears, so a man's religion is known from the deeds that he performs. Robes, symbols, forms, rites, rituals and ceremonies that do not lead to righteous deeds will not take man far in the path of spiritual progress. The real problem is to rid the mind of evil propensities. If that's not accomplished all our austerities are of no avail.”

“This body is a palace and it is the house of God. Within it God kept the infinite flame.”



### SAI NATH

“My master told me to give bounteously to all that ask. No one asks with wisdom. My treasury is open. No one brings carts to take away the real treasures. I say dig and search, but no one wants to take any pains. Be the true sons of the DIVINE MOTHER and fully stock yourself. What is to become of us? This body will return to earth and the air we breathe will melt into air. This opportunity will not return.”

“Your Mother is the Mother  
 of all the Adi Gurus  
 She is the one who taught  
 All the Adi Gurus  
 She created the Adi Gurus  
 And She Creates out of you,  
 The Adi Gurus.”

## “TO THE MOTHER OF ALL GURUS”

Poem composed at Guru Puja -

Where the emerald green lake washes the feet of the Almighty.  
Where the Almighty goddess spreads a cloak of green forests  
And blushes in myriads of flowers  
Where enthralled by Her splendour time stands in awe.  
Where cool winds of Spirit whisper sweet odes to the Primordial Guru.  
Where iron open its heart to love.  
The Guru tattwa of the universe opens.  
  
Here come a thousand pilgrims to anoint the Mother of all Gurus.  
O'Devi we offer our gratitude from the inner most core of our hearts,  
Again and again.  
You have opened our hearts  
But give us the iron tattwa to strengthen our love.  
Bless us with wisdom  
But also give us humility to sustain the wisdom  
You have showered upon us Your choicest gifts  
But also teach us how to share them.  
Please keep us forever like the yonder emerald lake  
Sparkling blissfully at Your feet.

By Yogi Mahajan (India)

### AGNYA

Our Father, which art in heaven,  
May Thy Son be the leaven of  
Our Souls, to make them rise  
In glory and aflame  
So truly hallowed be Thy name.  
For we, Thy journeying children  
Feel as one and long to see  
Thy kingdom come.

We know the battle must be fought"  
And at what price has Jesus  
Bought our freedom to become.  
We cannot shirk the task ahead -  
We cannot say as Jesus said;  
"Father, Thy will be done !"  
For here on earth with chakras  
Seven; so must we be as 'tis in heaven,  
And sallying forth - uplifted head,  
We care not for our daily bread,  
For just as He, a babe, was fed,  
So too His Mother fondly said  
To all your children here on earth;  
Each one that tries to prove his worth;  
That long before his battle wins,  
Will lovingly forgive our sins;  
Provided we likewise repay,  
Those who aggress us on the way,  
So lead us from temptation's laid  
And guide us through that evil snare  
Of Satan's make; that is so hard  
For us to spy: and once ensnared  
To break! Dear Father, all  
Is Thine we know; the power & the glory  
So-even as the lamb was slain,  
We humbly beg to rise again:  
To claim our own divinity;  
In penitence to journey home :  
To glory in Thy Kingdom come  
And live there till infinity !

Steven Taylor, Australia

# MAHAKALI PUJA

19.12.1982  
Lonawala

Advice given by Her Holiness Mataji Shri Nirmala Devi

Welcome to you all Sahaja Yogis to this great country of Yoga.

Today, first of all we have to establish our desire within ourselves, that we are seekers and that we have to achieve our full growth and maturity. Today's Puja is for the whole universe. The whole universe should have to be enlightened with this desire. Your desire should be so intense that they should emit out the pure vibrations of Mahakali Shakti which is the pure desire of attaining the Spirit. That's the real desire. All the other desires are like mirage.

You are the people who are chosen by God specially, first to express the desire and then to achieve that intense desire of purity. You have to purify the whole world, not only the seekers but even those who are not seekers. You have to create an aura around this universe of desire to achieve the Ultimate - the Spirit.

Without desire this universe would not have existed. This desire of God is the one that is the Holy Ghost. It is the all pervading power; it is the Kundalini within us. Kundalini has only one desire - it is to be the Spirit and anything else if you desire the Kundalini does not rise. Only when it knows that this desire is going to be fulfilled by somebody who is facing the seeker, it is awakened. If you do not have a desire no one can raise it. Sahaja Yogi should never try to force his desire on other people.

The first hurdle that you face as soon as you get your realization is that you just start thinking of your family. You start thinking, "My mother has not got it, my father has not got it, my wife has not got it, my children have not got it." You must know that these relations are wordly; Sanskrit is LOKIK, they are not ALOKIK, they are not beyond the wordly relations. These are wordly relations, and these attachments are wordly. So if you play into that force, as you know that Maha Maya Shakti allows you to play with. You go ahead as long as you like. People bring to me their relations, their parents, this and that and ultimately they discover that this was a very wrong thing they did. They lost so many precious moments, so many hours, so many years, wasting their energy on people who never deserve any attention of the Mother.

Sooner you realise the better, that this desire may be within you and may not be in any one of your so called wordly relations, makes 'no' difference.

As Christ was told that His brothers and sisters are waiting outside, He said, "Who are my brothers and who are my sisters?" So one has to realise that those people who involve themselves into the problems of their family all the time and attract My attention - you must know that I am just playing about. It is of no value to you. For your ascent it is important

first of all to have no desire, the pure desire in your kith and kin. This is the first principle of establishment of Mahakali power. Specially in India where people are too much attached to their family, it is a very big problem. If you give realization to one person, you are amazed to see that, all the relationship they have is with a big bunch of bhoots. And once you give realization to one person you are in for trouble, and all the bhoots walk in slowly, torturing My life, wasting My energy and 'absolutely' of no use. It should happen to you to understand that this is not auspicious. **If you want to waste your time, I will allow you to waste your time. But if you want to have the ascent fast first of all one must remember that these are relations which are 'absolutely' wordly relations and this is not your pure desire.**

So try to separate your pure desire from your wordly desire. It does not by any means suggest that you give up your family, you give up your mother, you give up your sister. Nothing, but you witness them and see as you would see anybody else and see for yourself whether they are really desirous or not. If they are well and good, they should not be disqualified, because they are your relations. It works both ways, as they cannot be qualified because they are your relations; they cannot be disqualified because they are your relations. In Sahaja Yoga, you make your desire a pure desire. You have to get out of so many things but for people who are attached to their family and are bound by

their family, they have to see to it that they do not force Sahaja Yoga on any of your relations. At least don't force them on Me.

Now, this desire within us, which is the Mahakali power, which is manifesting, comes to us in so many ways. As I told you first of all it comes to us after realization because you are all Sahaja Yogis, to do something about our relations. Then the second desire that comes to us, that let us try to cure people who are our relations. This is the second desire. You should feel yourself and see that this has happened to many of you. So, right from leprosy to any small thing like cold or sneezing, whatever they have they think they should bring to Mother. And all the worries of the family should be brought to Me - simple thing like pregnancy or sneezing, very simple things, which are so natural are brought into your attention. So when you have them in your attention, I say, 'go ahead with it, try to solve it, if possible' **But If you don't have any of them in your attention then they are in my attention.** You leave them in my attention, I will manage that. But then it is a vicious circle, it is very subtle projection of the mind that thinks, 'All right. Mother, we don't have this thing in our attention, you better look after it.' But this is not the way. We should have only one intense desire within us, ourselves, have I become the Spirit? Have I achieved my ultimate? Have I risen above the worldly desires? **PURIFY.** Once you start purifying, whatever falls out, I look after that. This is just an assurance but not a guarantee. If it deserves

My attention, I will definitely look after it. You have to value your attention, as I value My attention - I think you have to value much more of your attention than Me because I can manage very well things within Myself because everything is in my attention.

But you try to purify your desires away from the worldly problems that are facing you. So if you extend it more, then you start thinking, "Mother what about the problems of our country?" All right, give Me the map of your country. Finished, that is more than sufficient. Then purify yourself, - the desire that you have, you leave it. And once you are purified, that area will be covered through your attention. It is very interesting. When you get over it, then only you can throw light. But if you are inside, your light is hidden. There is no light emitted.

You have to rise above that desire. Every time you get a desire, you rise above that till your light is emitted on that wider problem that you are facing, which you think should be solved by Me. These are all my headaches which you are putting on yourself. You have to do only one thing, is to become the Spirit. That's all. It is simple thing - rest of it is My headache.

Now, the problem that should take your desire on to the collective, should be very different. To substantiate your purity, to be fragrant with your purity, your attention should be on the other side. Now you are not facing Me, you are facing with Me the whole world. See, the

whole attitude will change. The attitude should be : what can I give ? How can I give ? What is my mistake in giving ? I have to be more alert, where is my attention? I have to be more alert towards myself, what am I doing? What is my responsibility? You must desire that you should be pure. You should be pure desire that means you should be Spirit. But what is your responsibility to yourself? You should desire that your responsibility to yourself should be manifested - should be complete.

Then, your responsibility to Sahaja Yoga ! **What is your responsibility to Sahaja Yoga - which is the work of God, which has started and you are My hands. You have to do the work of God and you have to fight the anti-God Elements - the Satanic Element. You are not responsible for your family any more. Those who are, are the half-baked Sahaja Yogis - I said are useless, absolutely good for nothing. All such will drop out, their families will suffer and I know that this is going to happen. Because, now the forces are gathering in such a way that sorting out will start.**

Your responsibility to yourself to be the Spirit; your responsibility to Sahaja Yoga; your responsibility to understand Me better and better and better; your responsibility to understand this mechanism that is within you; your responsibility to understand how this mechanism works out and behaves.

Responsibility is to how to become a Guru yourself. Your responsibility to be a dignified and glorified personality. Responsibility to be respectable personality and not a cheap personality. Everyone of you is worth the whole universe, if you want to rise to that height. Universes of universes can be thrown away at your feet, if you want to rise to that height, to that magnitude that is within you to foster.

Those people who still want to live on a very low level cannot rise. For example, the Western Sahaja Yogis have certain problems of committing the sin against the Mother and the Eastern Sahaja Yogis have certain problems of committing the sin against the Father. It is not difficult at all for you to get out of it. The attention is to be kept pure. In Sahaja Yoga you know all the methods, how this attention one can keep it pure. If the attention is not pure, then this desire will be always attacked by all petty, nonsensical things which has no meaning in your ascent. Now, a person who is a good Sahaja Yogi is not bothered about his clothes, what others say to him, how they are behaving towards him. The attention is not on that criticisms that this person is like this, that person is like that. Nor there is the aggressiveness of anyone else because nobody is the other. But the problem is, when I say that, no one thinks that I am saying about you each person. Those who are non-aggressive think the other way. Like I say something for a person who is aggressive, the non-aggressive

will immediately think of the person who is aggressive, not about him. You immediately start shifting your mind to other person, finding fault with other people. So, this desire become gradually lower and lower because of the loads that are put on it.

So, the alertness is very important, complete alertness, Satarkta that we should keep our attention purely for the sustenance of our pure desire. Desire comes from your heart and you are so built that your Brahmrandhra is also the heart. If you do not have a clean heart it won't keep clean. For the people who think if they talk about Sahaja Yoga big and all that, they are alright. But they are cheating themselves, if the heart is not open. So try to open your heart.

I hope today when you do this Puja and you do the worship of Mahakali and this special Yagna, we will definitely establish this aura and enlighten the world. But your outlook should be how much have I contributed to this? Am I still thinking of other people? Am I still thinking of petty small problems or I am thinking of my Spirit?

So, the left side starts and ends with Shri Ganesha. Shri Ganesha has only basic one quality - that He is completely surrendered to His Mother. He does not know any other God. He does not even know His Father. He only knows His Mother and completely surrender to Her. But this pure desire has to have action and about which I will tell you later as we will



be having more Pujas and more Pujas. But today let us establish ourselves into that pure desire to be the Spirit.

Now, as it is the Western mind will say, How ? It always comes, how to do it ? Should I tell you, it is very simple ! Adi Shankaracharya wrote Vivek Chudamani and so many other books and treatises and then all these big intellectuals got after his life and they said, 'have this and have that and have it.' He said, forget these people. Then he wrote Saundarya Lahiri - just the description of his Mother and his devotion to Her. And every couplet that he wrote is a Mantra. It is not the surrender of your mind through your mind but the surrender of your heart. It is absolutely the surrender of your heart. Western Sahaja Yogis know very well how there have been attacks and attacks of negativity on them, specially when the horrible people like Freud came to destroy their basics, the roots. And how the West accepted it blindfolded and put them on the path of hell. All that has to be brought out. That is all nonsense, is wrong absolutely and that is the anti-God activity. Then you will realise that you will fight fully, say 'this is the destruction of our basics, our roots. When our Mother is the source of everything that is sublime, noble, all that is nourishing, all that is elevating, emancipating, you are cutting us from our roots.' You have been dealt with, I think, as animal like creature and he wants all of us to go down to that low level of human beings, which exist as

pathological cases, I don't know. So, it is important for you to understand all attacks that came on you and be alert and don't be identified with anyone of them.

Last, I would say you have come to this country to see the roots and not the shoots. Change your attitude of Western style. Telephones are no good, you cannot get any telephones done. Postage is horrible. Railways are worst, (I should not say because we are in Railway Bungalow). But the people are excellent. They know what is 'Dharma'. They are not being attacked somehow or the other as this being the Kundalini, Shri Ganesha is sitting here. How dare anybody attack this great Maharashtra, has got eight Ganeshas protecting them ? I don't know if Maharashtrians know this fact. And so many Marutis, so who can attack this country. There is no negative attack except that they themselves are rather money minded sort. That only curse they have. If they can get out of it, they are a great people.

So you have come to this country not to enjoy the comfort of the West, but that comfort of the Spirit. So you change your attitude towards India. I don't mean Air-India, by any chance. This is a wrong idea that you come by Air-India because you are a Sahaja Yogi. Not at all. Air India has nothing to do with Sahaja Yoga. All our Railways, all our everything, they have nothing to do with Sahaja Yoga. So what ? So, you be patriotic and use your own airline,

for Heaven's sake. When you arrive here you will see that the people are too innocent. They cannot understand Freud. You cannot talk to them, it is beyond them. They are higher type of people in this respect, because they are not attacked, while you are higher in a way that though you are attacked, you have come out of it. You just turn your faces and you are on the other side. That is something great.

So, you will also have a confidence that there are many people who believe the same way as you believe, in this big country where there is big population to support. So you should not feel lost.

Thus, today we have to start with Puja of Mahakali Tatwa. And this is the day of Gauri, you can say Ganesh, Gauri's day, today.

Though according to the schedule time, it may not be but according to Me, let us establish within ourselves at our subtler level, the desire to be pure and to be cleansed out of all the barriers and unclean things that are within us.

Desire to be great Sahaja Yogis. Desire to be responsible Sahaja Yogis. Desire to be surrendered to your Mother. It is not difficult. That is the ego, the last one to go because what you surrender? **I don't want anything from you except that you accept My Love. Surrender just means that you open your heart to accept My Love. Give up this EGO, that's all and it will work out. I am trying to push myself into your heart and I will definitely settle down there.**

May God Bless You.  
(From Nirmla Yoga)



## Translation of Her Holiness Shri Mataji's Old Marathi Letter - 1

19th Dec. 1982



### **My dear Modi and other Sahaja Yogis,**

Many blessings. Receiving your letter I am very glad to know that your Ida Nadi has become clean and I hope, Ida Nadis of all have become clean at least to some extent. Here I had told all, that I would work, while under anesthesia, to clean the Ida Channels to all. I worked for 3 days cleaning it by vomiting nearly 50 times every day and it is nice that the cleaning has become possible. This physical being has to be used for mission for which it has been taken and therefore I am not bothered by the illness and other troubles. On the contrary all such and different experiments with this incarnation will have to be performed. Why are you so anxious about it? What else is the use of this body? I

never have any pains. All I want is that, in the laboratory of this body, some work or the other must go on. Time is short while the work to be done is very big.

You cannot do the cleaning of Ida Channel only on the strength of your realization. I knew that it had to be cleaned from within. In ancient days all seekers had to do this action (Kriya) constantly right from their childhood at the residences of their gurus at isolated places. The seekers had to do it individually in many lives. Because, now you have attained the state of collectivity, I have done the collective consciousness. Although you say I have done it, the distinction of you and I should not be

there in collective consciousness Mantras "Twam Bhawani, Twam Durga, Twam Ambika etc." are good for Ida Channel, but when you are established in Sahaja Yoga, you will have to say 'Aham Bhavani'. However this mantra one with that of 'Aham Bhavani' and I tell you now itself that this will happen.

After cleaning the Ida Channel I am awakening Pingala Nadi. Sahaja Yogis had become rather lethargic due to the conditioning of Ida Channel. Laziness and a tendency of avoiding the work was dominating in them. Their attention was being frittered away on avoiding the work. But I have now started the work of awakening Pingala Channel. All of you should raise your right hand from right side over your head and leave it on the left side but while doing it, you must apply your will power so that your desires will materialize. With the awakening of collectivity, you will have many people to share your work which you are doing alone.

The sphere of Sahasrara envelops your heart. When conditioning of heart is reduced, as if the glass of a lamp becomes clean, rays of ever resplendent Spirit awaken Sahasrar sheath and the light of bliss spreads, which is felt in Sahasrar. This light enlightens all sides of Colourful heart

and decorates it with the qualities which can be described as pleasing, blissful etc. Gradually this state will grow and become stable within you. Most of the Sahaja Yogis should try this method, but there should not be merely the mechanical movement of hands. Whatever you do, it should be done with the faith that you have in worshipping, zeal of a warrior and sensitivity of an artist. There should be complete purity in the recitation of Mantras to awaken the deities and your heart must be involved in it. Only then the awakening will take place. You should understand a simple principle. How can a big fire be lit with a small match stick? Will a wick hold the flame if water is mixed in the oil? **How can those Sahaja Yogis have enlightenment who are using Sahaja Yoga to solve only their own petty problem? And why should God give them the enlightenment?** Light houses do not show light to themselves even for a moment. Therefore, they are considered so important and are looked after.

Please circulate this letter among all Sahaja Yogis.

Your Mother  
NIRMALA  
(From Nirmala Yoga)

## Translation of Her Holiness Shri Mataji's Old Marathi Letter - 2

19th Dec. 1982

I have received letters from all of you but have not been able to write because now in London Sahaja Yoga work has started with great drive.

Delhi Sahaja Yogis write very few letters but most of them are happy. Sahaja Yogis of Bombay are alright, Sahaja Yogis of Rahuri are enjoying. Sahaja Yogis of Bombay have great responsibility and therefore had to face many attacks. The first attack came when I was in USA. At that time many Sahaja Yogis were affected and many fell away. Later on when an attack was on all London Sahaja Yogis collectively followed wrong path which was full of dangers and harms. Many wicked people from that part are, still hiding themselves in some Sahaja Yogis in the form of 'badhas'. You have to vigorously use Sahaja Yoga methods against them. These wicked attack you from Agnya and Heart. From Agnya they send Anti-Sahaja Yoga ideas in your mind and from heart they make complaints. If you identify them they will become ineffective. There is one remedy for it which can be applied only after the realization. Because if your car does not start, your brakes and accelerators are of no use. But if you do not use the accelerator even after it starts, how will your car move? You can attain any destination that you fix. All your auto suggestions will materialize. The remedy that is

to be used is : your attention should be on Me and you should make the following conditioning of thoughts on your Agnya "How fortunate we are to have been realised ! We are Sahaja Yogis. God has chosen us. How can we work if we remain weak ? Adi Shakti has given us the Power to redeem the whole mankind. You should criticize with these thoughts. "How deep is God's love for us! He has given us the realization. He is the ocean of mercy. Ignoring all our mistakes, He is working hard day and night for our welfare and, instead of praying for His forgiveness of our mistakes, we are making complaints against Him"! The following thoughts will please your Hearts, "O God, please give us the power of Your love. May I be the drop in the ocean of Your love that is enveloping the whole universe, so that its loving pulsation is vibrated through my life and I remain engrossed in that bliss".

May your life be flooded by the waves of Divine love. Always loving you, much more than myself.

Your Mother  
NIRMALA  
(From Nirmala Yoga)

## Translation of Her Holiness Shri Mataji's Old Marathi Letter - 3

19th Dec. 1982

Man wants peace, wealth, power etc. but God is the origin of all these. Then why should not there is the desire for God? Why should there be no aspiration and ambition to meet the God? We should pray to the God for peace and keep the desire to meet the God who is peace itself. This should be the difference in satisfaction of a common man and that of a Sahaja Yogi. One should be ready to surrender the very desire to meet God at the God's holy feet. All attention must be on Him. For that, one must have dedication, determination and concentration (tapasvita) and in that all material attachments should be destroyed. What is there in this world to cling to? You must realise the glory of those feet in which all fades and becomes peaceful. Only then you will have your glory.

Why should one brag of one's achievements? You must understand that whatever is being done by you, is all God's power, i.e. working of Adi-Shakti and you are only the witnesses to see these miracles. For achieving that stage you should pray "May our 'I' consciousness fade away, may the truth that all of us are small parts of your being be assimilated within us, so that your Divine bliss would resonate every particle of our bodies and this life would be filled with beautiful melodies enchanting the whole mankind and would show light to the whole world." Let love flow from your hearts. Love is unlimited. Your attention is on material things and you are talking about eternity! You should merge in

eternity so that you will have eternal life.

You are the officials of God's kingdom then why are you sulking? All deities are your elder brothers in this kingdom. They are present in many forms along the path of Kundalini. You should recognize them and attain them. Kundalini is your Mother. Learn to always remain under Her care. Be her child and she will take you to the ultimate - Once you accomplish that from where everything is born you will have the rest very easily.

But you are not consistent in the practice of meditation, love and peaceful life. You are taking casually even to me. But how eager you are in the worldly matters? How you become adamant on having what you want? Why are you not casual in that respect? Do not run away from the reality because I am Mahamaya. Attain me. I am yours. I am for you. I have given you that which has been beyond the reach of very great sages and saints. How will you make use of it? You have been given a big asset. Thousands of stars and planets were created with it's just one wave.

There is great significance to your rebirth. But you yourself have to achieve that; find the meaning of 'SWA' (Self) Sahaja Yogis can do it. It is a big contrivance. I have told you the secret but what have you achieved? Nobody sulks having been benefitted. If you achieve the trick, you will open the gate of joy and forget

yourself while enjoying that bliss.

Nobody becomes happy from wordly matters. I have given you the key to the treasure, which others haven't got. But you must work to open the door. You have taken everything casually. You want Mataji to feed you, to wake you up in the morning and make you sit in the meditation, to clear you of your anger hatred etc.

Today is the day of Guru Puja. What 'Guru Dakshina' (Gift to the Guru) have you given me? Understand, that your money is not worth the dust on the feet your Mother-Guru. You should give your hearts; only clean and holy hearts. You must clean your physical beings. Do not be lazy in that. Take a vow. You must get up early in the morning and spend at least one hour in meditation and worshipping, perform 'Arti' and meditation in the evening.

Satan's disciples work hard at a funeral place. I cannot understand why you are taking everything so casually. Stop all gossiping. Leave jealousies and quarrels. Time never waits for anyone. Do you want to go empty-handed despite having the key to the treasure?

If you do not accept God's kingdom Satan's kingdom will come and you will have yourself to blame for it. Remember, because you Sahaja Yogis are dear people, you have been selected as officials. If you ignore it, on the one hand

you will be deprived of the great source of joy and on the other, you will lose your authority due to incomplete knowledge of Sahaja Yoga. Hence be wise and stand firm. Every moment has thousands of directions. You will welfare, to the whole world. Get over your inaction to act. You are to be captains. Let God's melodies be sounded from your flutes.

Transcend in your feelings above those who have not been realized and blessed and God's kingdom will be yours. May you get that auspiciousness? All my efforts are for that. You have been made like temples. Keep it clean.

Some of you are enjoying in the ocean of bliss. My blessings are that all of you should be happy. Your worldly life and satisfaction should be of the same level. Sahaja Yogi's satisfaction and the circumstances he is in are balanced. Our both legs grow together. If one leg is shorter than the other, you will become lame. I do not want to tell you to lower the level of your circumstances if contentment is less. But Sahaja Yogi's satisfaction does not depend on the circumstances. He is happy in the circumstances that are prevailing. If he is not, then his satisfaction is superficial and not from within. May God grant you eternal place at His feet.

Yours Mother

NIRMALA

(From Nirmala Yoga)

# Mother's Shield of Love

Sakshat Prematatawa Sakshat Prema Dayini Sakshat Prema Shakti  
Sakshat Adishakti Mataji Shri Nirmala Devi Namoh Namah

It is truly the greatest divine blessing that now in Sahaja Yoga each one of us has been granted our reality and most important our Dearest Loving Mataji. Our dearest Mother loves us so much; and how she takes care of us at every instant! Her compassion and love are so great. She is verily the source from where all Love originates and flows.

In this blissful ocean of Love we all are playing, jumping with joy, dancing with each other in harmony, singing together-which, in turn, leads to ever more vibrations and joy.

To be amongst Sahaja Yogis and share this love is always wonderful. The divine love flowing among Sahaja brothers and sisters is verily the hand that plays the harp of divine music. Where there is love, no negativity dare stay, no 'badhas'. No problems..

This, Shri Mahamaya showed to us very clearly on the very first day of the shivir at Lonavala (Dec.82). One Sahaja Yogi was 'caught up' and feeling not too well. Others were working with him for some time with little improvement. Suddenly the Kundalini shot up and everything was all right. Heart and Sahasrara opened and the person started feeling quite nice and beautiful.

The reason for this transformation was very apparent. Just then a group of Sahajis from Europe had arrived and met their brothers and sisters from India who were there - and how beautiful such meetings are! As they hugged each

other they shrieked and laughed with joy; love flowing from their hearts and happiness made their eyes shine and smiles lighted their radiant faces. The Oneness was just overwhelming - and Sakshat Prem - Dayini, Sakshat Sarwavyapini Shri Mataji showered more and more of Her love, vibrations on Her joyful children. As the children of 'Shri Prema - Swarupa, met each other, with Her love flowing through each and elevating each, the place was greatly blessed and in this supreme living atmosphere no negativity could dare stay.

There have been so many such instances when we realize that Shri Adi Shakti's 'Love' is All Powerful and All Mighty. So secure are we cradled in Shri Jagadamba's 'arms' of love that nothing whatsoever need disturb or distract us.

She had readied for us, the stallions of courage and fearlessness. She has made us the warriors to ride them. If we only just realize that it is 'Her' Sword of love that we hold in our hand; it is 'Her' Shield of Love that protects us; it is 'Her' support of love that guides and steadies us, then we have the confidence to be Her humble little instruments.

Let us ride out and proclaim the victory of Sahaja Yoga over all small, insignificant mounds of negativity and ring aloud throughout the world the great mantra -

'JAI SHRI MATAJI'  
(From Nirmala Yoga)



**As Shri William Blake has written:**

*Bring me my Bow of burning gold, Bring me my Arrows of Desire,  
Bring me my Spear ! O Cloud unfold ! Bring me my Chariot of Fire !  
I shall not cease from mental fight ! Nor shall my soul sleep in my hand.*

**And to these melodious lines may one add:**

*Till we have build the Kingdom of god,  
In this beautiful world Our Mother has made!  
And to achieve this we can 'only' pray.  
"Shri Mataji,  
You are Shri Mahata Ahankara  
Complete worlds are created from the tiniest speck  
Gathered from the dust of Your lotus-feet.  
We, Your ignorant little children, bow at Your Feet  
Mother, we pray, grant us that  
May we be the channels of your breath, the flute in your hands  
May we be the channels of Your love, the harp in Your hands  
And May we ever remain in Sahaja Yoga,  
Your dancing, prancing, joyful, playful children."*

**JAI SHRI MATAJI NIRMALA DEVI**

### **Sahaji Smile**

Shri Mataji "You must remind me to return your money else  
I will have to repay it in the next life."  
"Kay That's fine by me, Mother"

*(From Nirmala Yoga)*

# Ray Harris's reflections On Pluto

## as inspired by Shri Mataji's Words

Last autumn, in Exeter, England, Shri Mataji told us that Pluto is the planet of Shri Kalaki, and is her seat in the solar system in this incarnation. The astronomers discovered Pluto in 1931, soon after Shri Adi Shakti took Her birth on earth in this Her greatest incarnation. Ironically, the planet was actually discovered by a young farm boy who was an assistant to the astronomers assigned to the task. As far as the astrologers are concerned Pluto is associated with death, rebirth, destruction and the manifestation of the deep collective unconscious. The planet is still ill understood both in terms of its highly irregular orbit and its effects on our collective psyche. The orbit is indeed highly unusual. All the other major planets circle the sun on the same plane but Pluto slices across them at an angle, follows an oval path, and at times even enters the orbit of Neptune so it is no longer then further planet so far discovered in the sun's family.

Pluto came within the orbit of Neptune in 1979 and remains there until 1999, In November 1983 Pluto also moved into the sign of Scorpio, which in astrological terms is the sign of its rulership, where it is most powerful. (Scorpio is the sign of the guru and that of death and resurrection.) In Indian Astrology Neptune is Varuna, the God of the Waters and Pluto itself is the God of the underworld or of hidden unfathomable depths. Astrology recognizes the

transforming power of Scorpio as fired by Pluto. Scorpio is also the ruler of the planet Mars, which is the planet of Shri Ganesha, Mars is the little youth and warrior while Pluto is the effect and substate of war, or one can say that if Mars is Shri Ganesha then Pluto is Shri Mahaganesha. This is the same as Lord Jesus Christ and as Christ returned as Shri Kalaki, with the eleven fold destroying powers of Christ Who comes at the end of the age on a white horse.

The present age in which we live has long been recognized as highly significant in terms of world history. Nostradamus assumed that 1999 would be the last year before the new age. The Jewish calendar is approaching the number of 6000 years and William Blake talks about reawakening after six thousand years. But how specific should we be? Astrologically we are in a unique position with Pluto: not only is the planet just entering its own sign but at the same time is entering the orbit of Neptune. Now Neptune is the God of the ocean, and is depicted holding a trident - perhaps symbolic of the three nadis or the three gunas or three basic aspects of Shri Adi Kundalini, Shri Maha Laxshmi, Shri Maha Saraswati and Shri Maha Kali. Within us Neptune is the Swadhishtana, the outermost limit of the void or Bhavasagara, the ocean of illusion and of material existence. Neptune is the totality of all that we experience and comprehend within the ocean of relative

existence, beyond, which is unknown to sense perception or the intellect. So Pluto, the planet of change, of death, destruction and deep transformation, i.e. Shri Kalki has come within the field of human awareness, i.e. the orbit of Neptune at this time until 1999. It is interesting that most seekers have Pluto strongly expected in their astrological charts. The ocean of the void is Bhavsagara and Pluto is just for a short while active within our awareness. But why is this so special? Pluto has no doubt been within the orbit of Neptune many times about every 250 years and has also been within the limits of its own sign Scorpio equally as often, about once every 200-250 years or so. Compute the two together or the answer is about every 6000 years. So the likelihood of both these events happening simultaneously are exceedingly rare. If we look back at history in the west for example, we see that each time Pluto is in Scorpio there is a time of laxity and hedonism followed by a period of Puritanism and the rise of new religious ideas. The American Revolution, the Renaissance and the zenith of the Middle Ages are some examples. Each time Pluto goes into its own sign long lasting and dramatic changes occur in the collective consciousness of mankind.

In addition to all this we are now on the cusp of a new world age, the Age of Aquarius. It is rather complicated to explain this to a layman, but there are twelve ages, like the twelve signs of the Zodiac, and the earth stays in each one

for two thousand years. The Age of Lord Jesus was the age of Pisces and we are now at the end of that, astrologically speaking. Pisces is the Maya-the epitome of the Age of Illusion whereas Aquarius is the Water Carrier-the collective vessel of the waters of the Spirit, the Kundalini i.e. the Sahaja Yogis. Therefore the Sahaja Yogis must be the instruments to allow Shri Mataji to carry mankind through to the new age and we must realize the awesome magnitude of our work and the necessity for humanity to get its collective enlightenment. If Pisces is uncertainty then Aquarius has to be certainty for the human race. There will not be much left to be uncertain about if Sahaja Yoga does not take off and become established soon.

This is all underlined by the present position of Pluto-entering Neptune's orbit, entering its own sign of Scorpio and the earth entering the Age of Aquarius, all at the same time. Transformation will take place with or without us.

The temperature on the surface of Pluto is just about the coldest anywhere. It is about 3 degrees above absolute zero and only just above the ambient temperature of the void of interspaced between the stars and galaxies. Coldness is the quality of the Spirit. Pluto is composed largely of frozen or solidified of Methane. Even as far away from the sun as Jupiter and Saturn this is in a gaseous or liquid state and only solidifies at just above absolute zero, the temperature of the Spirit. Methane is CH<sub>4</sub> or 4 Hydrogen atoms plus one carbon

atom (tetravalent). It is the basic building block of organic compounds. Carbon itself is a very hard black or occasionally diamond like substance. It cannot form life on its own but becomes a support for further evolution of life by its four-fold valency, hence it is like Shri Ganesh. Methane or CH<sub>4</sub> as often as not is the end decay product of organic dissolution. For example it is found in very old oil reservoirs as natural Gas, or in ancient swamps and marsh gas. So even here Pluto or Shri Kalaki has final dissolution and rebirth embodied in its chemical makeup.

A 'day' on Pluto, or rather one revolution of the planet on its axis is almost seven of our days which are perhaps significant. It has also been recently discovered by observing the further eccentricities of its orbit and shape that it has a moon. This has been given the name of Charon after the boatman who ferries the souls across the river of death to the underworld in Greek mythology. This moon was discovered round about 1979, i.e. when every thing relevant to the transformation of human consciousness connected with the planet seemed to happen and also around about the time when Shri Mataji began telling us that Shri Kalaki was starting to manifest. The moon is very large in relation to the size of the planet itself and it is almost like a double planet system. Charon is the white horse of Kalaki, or the vehicle. Shri Kalaki judges without mercy and Charon is like the vehicle of Pluto just as Sahaja Yoga is the vehicle of Shri

Kalaki. It is a means to an end and not an absolute. The irregularities of Pluto's orbit bring drastic changes to humanity and we must surrender to the Spirit whatever changes must come about as a single race of beings.

Pluto only has an atmosphere some of the time when occasionally the faint sun-light vaporizes the methane. This is when the planet comes nearer to the sun in its eccentric orbit and when the moon is not in the way, and even then it is only on the side facing the sun. This is like the symbol of the manifestation of Pluto's power by the all powerful sun which is the opposite of Pluto's dark eternal cold. Shri Mataji has three main seats in the solar system: Venus in Her heart, the moon is supported on Her head and of course Pluto. In this incarnation She has Pluto as a vehicle-Shri Kalaki-the power of final dissolution. We must therefore at this time look towards our inner spiritual development, that part which is beyond material decay, and forget the outside concerns all the time. This is the moment when we are taking a big jump in evolution, the jump is certain but which way we go is up to us. Pluto is also known for its connection with joint emotional and financial ventures in conventional astrology, and it is interesting that in December/January of 82/3 Pluto approached to within  $\frac{1}{2}^{\circ}$  of the Constellation of Scorpio, and the world currencies such as the pound sterling, dropped dramatically and unaccountably. One has only to read some pages of William Blake's

"Jerusalem" or "Milton" to appreciate that in the next few years any efforts of mankind which are not directed towards the spirit, for example such things as concentrating enormous amounts of effort on such things as economics based on currencies, will flounder dramatically as the manifestation of Kalaki urges man to put his attention on higher values. Where will all that time wasted on business and money have led us, when the universe is marching on to another level of expression, and man with it? It will slowly become obvious to mankind as a whole that only by transformation through surrender to the Spirit and death of the ego and superego of individuals, nations and races will mankind survive. The blossom time is coming, let the harvest of the Spiritual rebirth be very plentiful, for otherwise even a small shift in the equilibrium on the material level of this planet could cause great discomfort and suffering. This is not scaremongering, but we must take to Sahaja Yoga and establish ourselves as instruments for this next most dramatic stage of human development as directed by Shri Mataji. In Delhi

this year Shri Mataji said in one lecture that Pluto can be both the cause and cure of many diseases found in today's world. Let us pray that we may surrender to the power of Pluto in a fashion that may allow for the cure to take place, not only of diseases on the individual level, but that mankind as a whole may discover the simple cure for the collective diseases which cause the entire race of man to suffer and be alienated from one another. The cure is to bow to the Lotus feet of Shri Mataji and allow Her to transform us through the vehicle of Sahaja Yoga. Shri Mataji has asked us to pray for Her health at this time, March, 83, and Her body reflects the collective health of the Sahaja Yogis. Therefore it is vital that we allow the transforming power of Pluto to cure us individually and collectively, so that our beloved Mother does not have to suffer for us in Her boundless love. As is written in the Koran, **for the man who has eyes to see and ears to hear, the evidence of God and his works and plans are everywhere.**

*We, the Children, are bowing to the  
Immaculate Desire of God the Almighty.*

(FROM NIRMAL YOGA)





