

The Divine Cool Breeze



March-April, 2005



The Sun is visible in the photo taken by a
Y. Shakti of Bombay on 1st Jan., 2005



Ascent of Kundalini from
Mooladhara to Vishuddhi



Phot-taken during a collective programme at
'Vashi Health Centre', New Bmbay



Shri Mataji present in the photograph
taken after She had left the stage
on 25-12-2004 at pune

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"Laziness is the worst enemy of Sahaja Yoga"

SHRI MATAJI

THE DIVINE COOL BREEZE

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A LETTER OF SHRI MATAJI

My dear Dr. Raul,

I received a very detailed letter from Damle. It was very wise step on your part to have met Shri Gagan Gadh Maharaj. What he says about the miracle of Sahaja Yoga is absolutely true. The reason why this great sanctuary never manifested in reality was that whenever Adishakti descended as incarnation (She) did not have all the chakras integrated through Sahasrara. The complete harmony and unison merged into an integrated instrument of her personality is bringing forth these fantastic results. So much so that I am surprised at myself.

I think he (Gagan Gadh Maharaj) also cannot imagine the dynamics of this Discovery and hence he feels that 'Avdhuts' have to be away in the forest and that Cancer can give you reaction. You have cured the Cancer of Phadke's father. Did it give you any reaction? **When you are at a giving end how can you receive anything?** You are reborn as Lotus which does not take anything bad from muddy surroundings but transforms its surroundings with its magic of a realised soul. Do you think doctors will accept that there exists the kingdom of God and that it creates us and that the Lord

of our autonomous nervous system is our spirit which is the reflection of God? You can quote the names of people like Mr. Bose and Mr. Daftary and Mr. Sharma who are miraculously cured of his colour blindness through Sahaja Yoga. In any case I am going to America next year. One of my dear Sons Dr. Lanjewar has now become the president of the Medical Practitioners Association of New York and is very anxious to have a conference next year in New York. Due to our slavery for so many years, doctors in India have lost the capacity to know that we are the people born on the Yoga Bhumi. Their thinking is so slavish that they think all our ideas about medicine are stupid while western knowledge is very sensible.

I bless you with all my heart that Dr. Ramlingam has good vibrations. Shri Rama in him would have wisdom to understand the ways of God Almighty. I send you my love and protection so that you can break the barriers of ignorance of our medical men. Let them know that the time has come for them to accept that science is not everything. It only discovers whatever exists and appears before the gross being. Once we become

subtle rising in the fourth dimension, we see the subtle being, the spirit and contentment and DIVINE working of this love, cannot be done by argument. One has to be realised. One has to evolve through Sahaja Yoga spontaneously as this is a living process. For Cancer best treatment is of water i.e. putting feet in the river, sea or in the water at home with the photograph. Water has the religion (Dharma) of cleansing and hence Shri Vishnu and Dattatraya responsible for the religion (Dharma) of human beings

are to be worshipped. They help you to cure and also the local Deity of the Chakra that is attacked. Put the patient before the photograph with the candle and his feet being in the water, bring down your hands across the sympathetic nervous system towards the water. The patient will cool down gradually. If he gets realisation, then he is cured. More in the next.

Your Living Mother
Nirmala
(Nirmala Yoga)



The Knowledge within

Kingston U.K., 11.6.1980

Parvachan of Her Holiness Mataji Shri Nirmala Devi

Today we have gathered here to know something about our Self. If the knowledge is from the books or from some person who says that he knows about the Self, how far will it reach us? It can only go upto mental level and we can only understand it through our mental understanding. The mental understanding comes to us thorough our rationality, though our intellect which in itself is a limited thing.

So we enter into another understanding which is still very limited e.g. if I tell you that there is a Self which resides in our heart and that there is a power within us which is all the time waiting for an occasion to give you your second birth, if I tell you that, then you will only understand me mentally. This has all been said already, what is so new about it? At the most I can give it in a very modern fashion, something quite intellectual which will make you have more mental feats to go round and round. You will sit down and analyse and reach nowhere.

I say there is a power, no doubt, which is called "KUNDALINI" within us. So many say that

because it is written long time back. Thousands of years back. Christ has said it that you are to be born again, that you are to be baptized, not by theological college people, but by somebody like John, the Baptist, who had the authority from the Divine. This power does lie dormant within you but everybody writes differently about it. Very few really agree. This is another confusion one faces. That there is a power lying within us and some say that it gives you electric shock, some say that you start jumping like a frog and some say that you start flying in the air. Such a confusion, while you are seekers, seekers of ages you have been seeking. You are genuine seekers and then while seeking you don't know where to go and what to expect; you jump into problems.

The other day when I went to Switzerland, one of my children, who had arranged the programme, he told me "Mother, here people are very sceptical about Indian gurus." I am very happy about it, really very very happy that they have started thinking about it because they have been deluded and deceived and now they are disillusioned completely. And they

find it impossible to believe anyone who talks of God. So the first topic that he wanted me to discuss during my stay there was "Demystification of Gurus". Quite a challenging topic. But this I said in 1970 in India, in 1973 in America, but no one would like me for that. They say, "why should you criticize others".

Falsehood is falsehood and reality is reality. You will now know through some of those people who are here that how you have been misled, how you have been deceived for money which you cannot understand because you have gone beyond it now. You are seeking beyond money. You know that money is not going to give you joy. You know that very well. But those who have not yet known that still they are climbing up the cusp, they have not seen the ditch below. Such people try to come up and try to give you some sort of a jargon and receive lot of money from you. It is a very shameful affair, I feel myself.

But that does not mean that there is no reality. If there is no reality, how can we have copies of that? If there are no flowers, how will you create plastic flowers? So, if you find somebody so unreal, you must know that you have to find out the Real. And when you are finding the real, you must know

that you must keep yourself absolutely alert about it that you are not going to accept anything but real. But you can be hypnotised, you can be brain-washed, because you do not know all these things. Somebody says some words in Sanskrit language, you get so enamoured by that as if Sanskrit language is something out of the blue e.g. some of the disciples, who went to certain Gurus, got "Mantras" which if you tell an Indian, he will laugh out his stomach; like a Mantra given "AINGA". Now tell any Indian and he will laugh and people had paid three hundred pounds for such a nonsense like that which means nothing, which cannot be Mantra? Why do you need a Guru for Mantra? There is a science about it. Because we do not go into the understanding of it and we just jump on to it, because they want you to, because they want money. Simple thing. It is an enterprise.

You have given up everything for the sake of your seeking. You have seen that the value of these material things will not take you anywhere, you have seen beyond. Your value system is different but if the value system of some people is different from you they can exploit you. So the natural reaction, I can understand very well, should be such.

But there it reality and that it exists within you and that there is Self within you and once discovered, you find your Absolute. To tell you that you should become a very quiet and serene person would be absurd. To tell you that you should be such a master over your passions and your lust and your greed that nothing should sort of dominate you, this is like giving a big lecture to you. It has no meaning.

You have gripped it yourself these things and how will you leave it, when your grip is so strong. You have to grip something else. It is simple common sense. If you find something, much more valuable, much more dynamic, much more joy giving, establishing your sense of security, you will give up all these nonsensical things.

But see how it works out. A gentleman, who came from a horrible Guru to me, who was absolutely pestered and finished by that Guru. He used to deliver only introductory lectures. And he said, "I used to get 300 people for introductory lectures in the same hall in which you are giving lecture Mother". What do you say to people there, isn't it queer? He is well known person who charges you money, who gives you courses; he has ruined so many people. It is like just as I was watching people

going into a pub and coming out of it all drunk. Others are attracted much more, seeing them drunk like that. Sometimes it is impossible to understand human nature and when the Reality stands before you, you crucify that. How do you explain all this ? And the acceptance of reality is your glorification. Are you going to add anything to Reality ? Supposing I wear a diamond necklace, it is going to adorn me not to the diamond necklace. This is billions and billions of times more brilliant than all these things which adorn us. If you accept that, you will be glorious, you will be lustrous. Isn't it? Think about it. Because we are charmed about these outside things, there deceptive ways, their cunning ways, and that we are hypnotized. That is the only explanation. That's how they have managed so far. One after another this hypnosis spreads like fire. You ask them what did you find. "Don't ask us, we are very happy people". After 3 days you find that the person has committed suicide. We are not aware still that this is the most important, the most and vital time in the history of human beings.

The last judgment has started. We are facing the last judgment today. We are not aware of it. And all the Satanic Forces have come out like the wolves in Sheep's clothes. And they

are trying to attract you and you do not judge them. You only sit down and judge the reality. It has started, it is a fact. It has started.

Now, let us see from God's point of view how He is going to judge you. It is quite easy to say that we do not believe in God. Very easy to say that we don't believe in this Govt. but if you do anything wrong, then you know there is a Govt. acting. In the same way it is very easy to say that we do not believe in God. He is so compassionate, He is so loving, He is so Kind, that He has given us our freedom to know ourselves. And we rely on Him, we take Him for granted. He has made us human beings from amoeba to this stage. He has spread out such a beautiful world around us. He has done all that. But there is a judgment which we have to face now and the judgment that is going to come from God. It is not going to be the way that we understand that He sits like a magistrate and calls you one by one "come along" and then you have a pleader there, sitting.

But in a subtler way, He has already put the judging forces within you. See in the evolution he has worked it out. In the evolution, how beautifully He has worked it out. From amoeba to this stage, how have we come?

Many animals were discarded. He saved some animals e.g. from Mammoth family He saved Elephant. He saved many and so many were discarded one by one all these years. In the same way, human being who have been very much on the extremes have been discarded. You see the history. Now you won't find anyone killing his seven wives these days. I mean impossible, you cannot do it. Person like Hitler came up. Finished. Anybody who came up with any extreme ideas of domination or anything, was finished. Those ideas die out. People are ashamed of them and new ideas come up into human beings accepting balance, tranquility, peace.

We are talking about it. People talk about peace, but are we really wanting peace within ourselves? And if we are really wanting it, what are we doing about it? Actually the judgment has started and to judge you God has already placed the whole magistracy within you. All the magistrates are already sitting down there. Christ has said, "those who are not against me are with me." These are the magistrates. And these magistrates have settled down within you on different Centers in your spinal chord and in your brain.

It is very interesting and all these seats are like a panel sitting in your brain and when the light of Kundalini rises through these centres, when these centres are enlightened within you, you start enlightenment being manifested on your fingers. The end of your fingers get enlightened, the sensitivity of your fingers tell you what centres are there affected within you. This Kundalini rises and comes upto this point, the fontanel bone area or the Tallo as they call it, the soft bone here in your childhood, and it breaks it. Actually it breaks it. You can see in a person, who does not have much hair here, the thing just going down a little. First it pulsates. You can even see the pulsation of the Kundalini in the triangular bone which is sacrum and when this Kundalini rises, you can see even the movement of this Kundalini. Not in all but in some. Because if the person is first class the landing is first class, its shooting off is first class. In such a person, there is no obstruction; you cannot see the Kundalini pushing up. For example, when I came to this place there was no problem on the traffic, so we just smoothly came away, nobody noticed us. But if there was a traffic problem, there would be jamming here and jamming there. In the same way when this Kundalini rises in a person who has a problem on its Centres, it shows.

You can see with your naked eyes.

This is what is Kundalini awakening. Not that some people say that they started jumping like a frog. Now, we must use our brains. Brains have to be intact in modern times. Are we going to become frogs now after becoming human beings? Are we to become birds, after becoming human beings? You sciences, like psychology itself, I mean many of them, believe that you have to jump into your unconscious achieving your collective consciousness. Very clearly it has been said by these people. Then we must expect something of that nature where we jump into our collective consciousness. It is not that because I am saying it or anybody else is saying it but it has to happen to you.

The other day I was in Hampstead, I know what is happening with some one. Some people did get their vibrations, they did feel the cool breeze coming from their hands but some did not. They said that they have got it and they just disappeared. This is not the way you are going to treat yourself, you are to love yourself and you have to adore your seeking and you have to get your fulfilment. As your Mother I must tell you this is a very serious matter. There is no Guru Shopping

going on here, you have to get your realisation. You have to get it. It is so fortunate that the time has come, when you are living and that you can have it because of that you took your birth during this time because you are seekers of very ancient times as I told you.

It is written in one of our scriptures in India-called as "Nala-Akhyan". When Nala, one of the tortured souls by Kali, caught hold of the Kali. It is said that now is the rule of Kali. Kali is the sinister fellow, the one who brings all confusion and confused people. He confused Nala. By that he got separated from his wife. So when Nala got hold of this Kali, he said, "Now, I am going to kill you. I am going to kill you once for all, so that you do not create confusion into people anymore". So Kali said "Alright you can kill me, I will accept it but first of all you should know my Mahatmya (importance) I do have some Mahatmya importance." Nala said, what importance can you have? You create confusion in the minds of people, what importance can you have? He said that, "when I will be ruling i.e. when he will as in these modern times ruling means creating confusion in our minds. Everything has become relative now. We talk like that, "yes it may be alright, may not be alright, may be good, may not be good". That

is the time when the confusion will be reigning on this earth that is Kali Yuga (the modern times). Then those great saints and those great people the Seekers, the Sadhakas who have been searching God in the hills and dales and in the caves will come back as ordinary householders and they will get the Reality. In this confusion only, they are going to get the vision of Reality, they are going to become the Reality. They are going to get their self realisation". And Nala forgot all his vindictiveness and his anger and what Kali had done to him, He said, "on this point I forgive you because I respect them so much. For that collective good I give up all my personal problems. Let this happen."

That only in Kali-Yuga the sun of Sat-Yuga, the world of Truth, the age of enlightenment is going to come and those Saints who were seeking the reality in the forests are born today in this world. You can see them, they are saintly. They can see the joke of artificial life so clearly. They know it is all absurd but then they do not know what is the Real. But the time has come and it has to be worked out and it will be worked out.

It has worked out in your great country and now, say, a thousand people are there very much in it who have understood it.

There must be about at least 300 people who are actively working it out at different places and I am very happy to come to this old city of Kingston, where the stone for the enthroning of the king was put. Must be something special about it.

But the people have lost their sensitivity to Reality, not only in this country but every where much more in India, you will be surprised. They are all getting sophisticated. They are getting developed. They do not know what you have found by your development. If anybody tells them, they think, "you want to enjoy all the fruits of development and you are just telling us lies."

So it is very necessary for you to understand for definite purposes that the judgment has started. And for that Kundalini is placed within you. But I must say She is a great Judge, you will not find such a Judge anywhere in the whole universe, because She is your own mother. And, She is Nirvyaj, She is just giving. She does not want anything from you, nothing whatsoever. She wants that you must get your property. You must get your Self. You must get all your powers. She doesn't want anything from you. That you should know your Self. That you should become your Absolute.

That is what She wants. She is your Mother born again and again with you. She has recorded all your problems you have created for yourself for Her ascent. She knows everything about you and She judges you on this point, "how much you are sincerely wishing your ascent". That's all.

She knows you out and out. When She rises, She shows those symptoms, She shows what is wrong with you. But She is your own, absolutely your own. There is no one greater your own than She. She is your friend and She judges you because you must get the Best; because She knows what is the Best for you. For, a child may like to put his hands in the electric socket but the Mother says, don't do it, Don't do it, But the child does not listen, he gets angry. Still She says, "No, No, you cannot do it." Because She loves you. Loves in the purest form, where you do not expect anything from the other person. And such a power lies dormant within you, which is just waiting for an occasion that when She rises, when She sprouts like the germinating power in a seed, when She comes up, then there should be some one who should look after you. There should be some one who should guide, there should be someone who should decode and tell you what you feel on the fingers mean, and

what is happening to you. Otherwise you will not know your moorings, you will not know where you are going and you will fall into a trap of ignorance or may be you may be still there not knowing much.

So she wants to use somebody there as the mouthpiece. It is that the Unconscious has to speak through someone. And that someone has to be a person of the same nature as the Kundalini is. Those who make money from you and extort you and leave you in the lurch, how can they be called as Gurus? They are the thieves standing outside the door. They are just waiting for an opportunity to catch hold of you because they have already been judged, discarded and they are going to the Jail and they want more people to go with them.

This Kundalini when She rises, She first soothes you physically. That is you can say as a by product you get your Health, e.g. Cancer cannot be cured without the Kundalini awakening. This I have been saying. When doctors get cancer, they come to me and they get cured. But I am not sitting down here to cure Cancer, not at all nor any Sahaja Yogi is interested in Cancer patients. But if you want to have your Realisation your Cancer will

be cured, troubles will be cured, your health will be alright. I mean those who have realisation, are sitting here, had been suffering physically or mentally, some of them were even epileptic and had very bad physical problems, there were some who had blood cancer, some of them had other type of physical problems.

With all these things you are faced with the Divine - Love of God-His desire. Kundalini is the representative of His Desire. Desire of the ocean, of the compassion and of Love. That He wants to bestow His kingdom upon you. That He wants to make you the prince of the kingdom. This is a very very serious thing and we have to concentrate upon this point.

The judgment has to be done and there is a power within us which is to judge. This power is the desire of God, of that God who is almighty, who has given us our freedom. He is not going to challenge it. His might, His strength, His powers are not going to stand against our freedom. But his desire is within you, enlightens you but it does not face you existing on the Kundalini and this desire rises within you, enlightens you but it does not force you, it does not take away your freedom. It enlightens you to see. You have

freedom to be in this room. It is not forced that you sit here or there or walk away. Nothing is forced upon you. But you are given a room which is enlightened. So you use your freedom in a better way with more understanding, because you are enlightened, you can see and then you know what to accept and what not to accept.

First thing is to enlighten you. Unless and until you are enlightened you are in confusion, you cannot see through. Then it is left to your freedom to decide. So She cures you, She improves you, She bestows all the blissful things upon you. She takes you away from the worries of grosser level like after realisation; many people have solved their material problems. Not that they have become Mr. Ford or someone like that but the attitude changes and the material problems get solved. Because there is a Centre for that also within us. Your family problems get solved. Husband wife problems get solved, so that you are freed. Your grip over these things that worry you, is released and that now you can see with greater freedom what you have to choose, what course to take. After giving all these concessions and all these advantages and all the possible help, then you are judged. Can you think of any magistrate that generous ?

And such a thing exists within us. We have to be very thankful to God for what He has done for us. We have no idea. We have taken Him for granted. For everything within us we have taken Him for granted. We have not been able to thank Him for what he has done for us and how kind He has been to us. For a small thing we try to get rid of Him from our hearts. Still He exists, the Kundalini exists within us. Try anything against it, She exists. I have seen some people having Kundalini which is beaten up, there has been horrible marks of pain and anguish and She is just turning Her sides in anguish but still She exists for that moment when She will give you what She is there for. What a blessing ! Where can you find all this ? It is all within you which has to work out.

But even when they get their realisation, I find, they just disappear, even after realisation. Can you imagine ? Progress in the West had been like that. You move 3 steps forward and 4 steps backwards. Really you will be amazed. I don't know what has gone wrong with the Western mind which is disillusioned by the material gains. But when it comes to Sahaja Yoga, their caliber is just of the lowest type, sometimes, one cannot understand. Now can these people have no self-esteem, while

in the villages of India people get it and have it just like that, no rumblings, nothing. They are just there. Complications are there, I agree. But you must have self-esteem. It sometimes, really makes you feel sick.

Perhaps you do not know that in this country I have worked on seven or eight people for four years. For four years, can you believe it? Not that there is something wrong with you. You are seekers, you are saints born in this country. What has happened to your saintliness? Why so flippant, why so superficial? Why don't you touch it deeply? Why don't you understand your Self? I just fail to understand why don't you respect your Self. I respect you and I love you very much because I know you. I know you from ages. You are the lost children, I know that but I don't know how to establish that within you. Sometimes my condition is the same as that of your Kundalini.

You have to be in a great haste to get it. You have to become absolutely dynamic and blow it out and talk to the people that this is the situation and emergency. Can't you see what is happening in the World? Can't you see the confusion? But the situation is taken for granted. Even if it is faced, it is faced in a very

intellectual way that you feel guilty about say Vietnam. Very good idea, sit down here. Easy chair politicians, thinking about Vietnam or file it up.

You are the chosen ones who have to receive it and it has to happen. But to take Reality you think hundred times and to get into dirty, filthy circle - it just clicks. Whom should I blame for this? These horrible Gurus or these horrible people, who have put up a show for you or it is your knave attitude towards the morality. I shudder to see the way the things are sometimes and the way the people are taking things for granted also. It is your responsibility today, the ones who are supposed to be the Seekers to see that you bring forth the Reality to the people and tell them that please see and get it. Because you are their fellow beings. You are their kith and kin. How can you leave them even if you get your own realisation? Even if you enter into the Kingdom of Heavens, you will not forget them, you will think of them and you cannot be happy. Even when you get your realisation also, unless and until all those saints who, out of their ignorance, are lost, you will think of them. I have to work out through you. I cannot work it out alone. If I could then there would have been no difficulty. If God could work out

just like this, give them realisation, just finished. Establish them alright. But it will not. Because you have the freedom. Why you have the freedom? Because without your freedom you cannot come to that caliber by which you are raised. We do not realise where we are today we do not realise. Sometimes I feel, I am talking to walls e.g., you will find that some people are slaves of watches. They have no time. "I have no time, I am so very busy". **Why are you saving time? Why has this idea come to you? Our fore-fathers never did that. Why are you saving time? For what? You are saving time for the "becoming" not for wasting it in the parks or in horrible places like races etc.**

You are saving time for "becoming" because you are a diamond. You are to be chiseled out yourself. You are not saving it for wasting. I mean the best advertisement will be "save fifty pounds to spend three thousand". Something like that. You are saving your time not to waste it. Saving it for something extremely precious, extremely vital and important, something that you have been seeking. But I do not know how some times to keep you on that level of depth. Of course some of the people are of such high caliber even in this country that

they are very satisfied. You do not know how much has been done in this country also by God. For example, I went to see Stonehenge, Stonehenge is the creation of Mother Earth. You can see the vibrations. You can feel it. There are so many things done in this country. Kingston itself is so vibrating, I was amazed. What did you find? At least 100 people went into that carriage and some came in here walking, going up and down. Some walked in, some got out. They aren't decided still. Still no proximity to sensitivity. No sensitivity towards the Reality. They cannot feel. May be- may be, it will work out. I am sure it will work out. I am the most optimistic person you can ever see. See, optimism is my nature, I believe. It is going to become. Only thing you so called "freedom" comes in the way. So try to understand that this freedom is given to you so that you can become your Self and not that you should become an animal. An animal; what is the use of giving realisation to, say, a chicken? Can I give also? That is the point.

Many people say, "mother, I have done lots of good things". I ask, "what good things have you done", I don't eat chicken". Now, I say, "Why are you saving chickens for me, you better save yourself". All sorts of funny ideas they have.

It is you, the Seeker, the buds on this beautiful Tree of Life, they are the ones for whom this creation is created. They are the ones who have to get it. They are the ones who have to have it. The whole universe has blossomed into them and they want to become what – worms ? Just think about it.

By God's grace we start the programme of realisation, which may take perhaps a split of a second, it might have already worked it out because today I was little going too much, I think. Kingston is a good place. May be one day it will become a very great place, I feel. But let us see how much you use the power that is flowing in the area. I hope something will work out.

Now after realisation you have to take it up seriously. You have to work it out because after finding it also, it is not that you suddenly jump on to the sun or to the moon. Even going to moon what did you get ? You could not understand anything. So you have to go into all the areas of your being because the movement will start inside. You have to take your attention to all the areas within you. You have to settle down your attention and now attention will

lose the grip over non-sensical things. All the priorities will change. The greatest thing is that when Kundalini pierces the Sahasrara, the joy starts pouring and you start feeling that cool breeze coming through your hands – the cool breeze of the Holy Ghost and you start feeling every where. You can find out. Now you can judge others and yourself. You can help others automatically. You have not to go out for that, you have not to get medicines, you don't have to get anything. Just you being there, you help others in their salvation as if the whole mechanism starts working. The whole technique starts working and you start seeing the whole thing. You will be amazed.

You have to know how to work it out on your own self and others. It is a great fun. We are all in the Great Fun mood and you should also enjoy with us. And it is wonderful. No time for misery. Only thing one feels is that why these people are doing like this. Like grown ups and mature people we look at little children why are they putting their hands in the fire.

May god Bless You.

(Nirmala Yoga)
1980

THE FIGHT

FOR COLLECTIVITY

(PART II)

Let us have a closer look at good old tricky ego. No use fighting with it, says Shri Mataji, but, with a pinch of Shri Hanumana's inspired humour we can deflate it. The ego will end up looking like the Court's fool whose erratic jokes are meant to entertain the King. Between the king and the fool, the Self and the ego, there are indeed some very basic differences. In order not to take any more the fool for the king, let us now explore one of them.

The ego, by its very nature, seeks individual achievement; the Self, by its very nature, rests in the collective dimension. Why is it so? The body of the ego is that sheet of accumulated illusions through which we perceive ourselves as self-sufficient, individual identities without any link to the whole. The Self is this very whole within us, but recovered by the sheet.

When a Sahaja Yogi, unconsciously carrying on with old habits, seeks individual achievements in Sahaja Yoga (I have done this, I have organized that) he is still, may be, dancing on ego's clownish tune. The fool will bore the King, after all; for the Self knows the right tune, it knows

the sound of the flute which enchanted the banks of the Yamuna, it stores the gopis' memory. The Self likes correct elegance and rhythm. The question is then: how to behave so as to please the Self?

The answer is : let us behave according to the Self's nature. The Self is Shiva. We are, within the Creation, the living containers of this silent and watchful totality. Now, Totality seeks itself. That means: Shiva's desire is that Virata should manifest. In other words, by actualizing our collectivity we are pleasing the Self: the flight for collectivity is the fight for our own becoming.

Hence a Sahaja Yogi's perception of himself is different from a human being's perception of himself. The human being understands growth as the assertion of his limited identity. The Sahaja Yogi is not motivated as an independent actor aiming at his individual achievement. He is a part of the Whole motivated by collective achievement. He feels the identity between the 'I' ness of the Self and the 'I' ness of the collective being. He is like an antenna of the formidable cosmic horse of Shri Kalki merged in the

Bhavsagara, sometimes activated, sometimes put to rest by the power of Shri Mataji. But ever aware and a witness. What does all this concretely mean in our daily behavior ?

It means this :

1. I do not bother about my own salvation because Mother has accepted me and thus I am saved. But let me be an instrument for others to be saved.
2. I do not help anybody; assisting others I work at my own growth. I do not love: it is love which flows through me. I do not act, but through me things may work out; that's all. I am watching it. And I experience joy.
3. I do not belong to any clan, family, group or circle of friends. Those who are committed to Sahaja yoga and devoted to Shri Adi Shakti Mataji Nirmala Devi are automatically my brothers, sisters and friends.
4. I will accept the natural leadership of those Sahaja yogis who can best spread Sahaja yoga. There will be no jealousy whatsoever. For, their cause is my cause : by promoting Sahaja yoga they are promoting me. When Sahaja

yoga grows it is my true "I" who grows.

5. I will rejoice in the forthcoming manifestation of all higher realised beings because they will decorate our new Jerusalem of which I am a founding stone. Founding stones do not necessarily decorate.
6. I will not seek to strengthen my relationship to Shri Mataji by trying to secure some kind of illusory "privileged position" near Her but by dissolving in the collective Being to whom She is giving birth.
7. I cannot know the Self without becoming collective. I cannot become collective without deflating the ego. And I cannot deflate the ego without surrendering to Mother.

In this winter of 1982, all of us should take the vow to fight for our Collectivity. There is the glory and the joy; After all, our most amazing Guru the Divine Mother is sakshat Shri Shiva Virata. In exploring the depth of the Self and the extent of our collectivity we start traveling in the arteries of Her cosmic body to visit the radiant aura of beauty of Her Adi Chakras.

**GREGOIRE
(NIRMALA YOGA)**

E A S T E R

London Ashram – 06.04.1981

Parvachan of Her Holiness Mataji Shri Nirmala Devi

Here; how people are playing around with Christ's life. They call themselves Christians and they show no respect to His life at all. He is the becoming He talked about. He didn't talk about all those nonsensical things. Secondly, we show no respect. There is no awe in our hearts that He is the One who has created Universes after Universes. And what are we compared to Him? What ego human beings have, like bubbles. Of course, He was made of the Brahman itself, the Divine Love itself, so He could not be killed. Moreover, He had to be born after Krishna; because Krishna has said that this Divine power of God does not die. It is not killed. Just to prove that He took this form; this gross form of Christ.

He came on this Earth, but human beings, they have no eyes to see anything, they know what is a diamond, they know what a precious cloth is, but they don't know what a precious thing it was, that He came onto this earth.

Now think of it, the situation was horrible-no question of talking to anyone about God, or about

realization, but even to talk about dharma itself, righteousness was very difficult. I mean what ignorance must have covered those people, that they crucified Him. Then, even the disciples never recognized Christ. When He was crucified they said, "Now He's dead." Then, when He rose, nobody would believe it. They have all kinds of theories. Even about the shroud they have found out. Of course, there was a cloth which was tied onto His face, which was pulled up, that's why his face looks slightly disfigured. But, that cloth was just left there. I mean, what is so important about the shroud, I can't understand it. It's the Blood of Christ. The ignorance with which people looked at him, one should be ashamed of oneself. You can't imagine if you see from that angle how people are managing themselves with their ego and living in complete darkness and self-certifying that they are the people who can judge even God and hardly they allowed Him to live for three or four years. He did not do any harm whatsoever to anyone. You cannot blame any community for that. If He was born in India, they might have done the same.

What did they do to Mohammed Sahib? The same thing. But why there are so many thieves as shown in His life? Only as a contrast they were allowed to get out. Why this compromise was possible and why it was not with Christ? Do we also do with us the same thing, today? That we compromise ourselves with thieves-who are negative people and we do not mind Christ being crucified.

Now as you know, He created all the Brahmandas. Brahmanda means a Universe. Now the Universe of the Sun. Out of that Universe has come the Earth. Out of that, you have come out and in your agnaya chakra He created a small Virata as they call it. He exists within your agnaya chakra. This sacrifice is very very significant and though it is gross, in subtle, it has happened to take the awareness though this centre of agnaya; was done by Christ, by His crucifixion. He came as a gross person, just like a gross human being. His body died but did not die, because that body was also made of that imperishable divine vibrations, as you call, the radiations or this Brahma. They did not die and that's why the body did not die and He resurrected with His body. He had to die to show that the body, though dies, can be saved. That's why he had to be

crucified. Otherwise, He could not have shown you, but His actualizing that He died and then resurrected to show that this does not die.

Krishna has said, "It is not killed by any weapon, neither it is burnt by any fires. Nor it is blown by any wind. Nothing can suck it." That Spirit is He. When they saw His being resurrected, they started saying, "Oh, He is the One." Then His disciples believed Him. What ignorance, what darkness. It's like telling an ant about human civilization.

As this gross happening took place, when in the subtle also the same happening had to take place. Like when you say Moses crossed the river. This was the happening of the Void being crossed by the Primordial Master. So in the subtle whatever is done is expressed in the gross in this manner, and this is exactly what happened when Christ, was crucified. But again you cannot crucify Him. Now He has become Ekadasha Rudra as described. The eleven Rudras as you know very well, these are all the powers of Shiva given to Him. Up till now, till He was born, Krishna had given Him his powers and that He became Maha Virata, he was even placed above Krishna, but now when He will come He will be bestowed with the destructive

powers of Shiva-eleven of them. One of them is sufficient to finish all the Universes and that's what is described as the coming of The Christ. You cannot crucify Him anymore and the time has come for all of us to be prepared to receive Him. We are not yet ready to receive Him. Unless and until you are realized you cannot receive Him because if you remain unrealized till He comes, you'll be finished, you'll be gone, and you'll be destroyed. He has just come to destroy all the nonsensical things. So this short time should be used for your emancipation and for your development. But, when we think of Christ, how human beings, you see, put up pretences. All kinds of pretensions you see, like, they act, and act, how Christ was crucified. They wear all the beautiful jewels and every thing and they will enact. It's mockery going on. If you have to really come to resurrection, then you must awaken Christ within you, yourself, in the Agnaya Chakra. If you cannot do it, then all this enactment even in Spain, they say are enacting as crucified, I mean, this is mockery going on in this world; we are living with pretensions and falsehoods, all these things are going to take us nowhere. We have to face ourselves; we have to awaken Christ within ourselves. We have

to bow to Him in full understanding of how great He is. On the contrary, we always bend towards people who are pretentious; who make a circus out of Him-it's a mockery going on everywhere. This carrying the cross or any drama, I mean, it was such a miserable thing and to enact it, I don't know why people want to do that, I just can't understand, I can't bear it. But I mean, if you have feelings, you can see within yourself. It cannot be a ceremony, a ritual, to be sacrificed and to be resurrected. It's the actuality, it's the becoming. It's not any drama, and people want to see a drama like that and be satisfied.

For us, Sahaja Yogis, it is important to understand the significance of Christ's life that His body was the only body made of these radiations. All other bodies were human bodies. All the incarnations, even that of Krishna's when He came on this earth, were having human qualities that Mother Earth existed in the body. Now the Mother Earth exists as a magnetic force, She's nothing but a magnetic, is the magnetic force, is the only part of the energy of Christ, then it cannot be destroyed. But we are, as we human beings are, we are very gross and the magnetic force of the Mother Earth also we do not know-we do not

feel it within ourselves. The day we start feeling that magnetic force within us, we'll give up all these nonsensical movements of extremes. We'll settle down into our gravity but we are not even sensitive to that magnetic force as the birds are. After realization you do become subtle enough to feel that magnetic force. And you can ask the Mother Earth to take away your problems, to take away your sins; She'll suck it. Once you become that subtle, She'll work it out, no doubt. But you have to become that evolved you cannot touch Her subtler side; which is the magnetic force. Whilst Christ's body was made of the magnetic force itself now, when he was resurrected they celebrate the Sunday. Because as you have seen that He has millions and millions of suns and He is made of sun. He's the essence of sun. The sun has got the force of oxygen within it and this oxygen is responsible for creating Brahmandas after Brahmandas. You see, when the sun's rays fall on the tree, we take everything for granted, the tree blossoms, yields fruits, the fruits have seeds and then again they sprout into trees. Without the sun nothing would exist on this Earth and that is why we worship Him on a Sunday. Because He was sun, actually we can say He resides in Sun. Now when we go to the left

we actually go very much away from Him to the negative side. We become very negative. Like when we go to the left side (which you know) we go much away from Him and our agnaya gets caught up-as you say, the back side of it. When you go out to your right extremes then you disown Him; you cross your limits. You cannot go beyond Him and that is how when you get to the right you cross all sense of decency, decorum and humility. So in both ways, you go in the opposite directions, much away from Him. Ego is the result of right hand movement because the Christ in essence does not create the necessary action on people who move to the right and also on the left. So on one side, He fights the left side, the super ego, on the other He fights the ego in human beings. That's why you have seen, if you are possessed you have to take the name of Christ. Only His name can take you away from your possessions. Lord's Prayer has got all the essence to take away the possessions. But not Lord's Prayer said by any Dick, Tom or Harry. He is to be connected with Lord Jesus Christ, then only if you say it, it has an effect and such a mantra is an awakened mantra. Right hand side, when you move you have to be humble in your heart, because He resides in your heart as spirit, because He is The Spirit, and this

spirit get's insulted when you go too much on the right hand side and that's why ego-oriented people get heart trouble. On the left-hand side in the superego area, Christ is a terror. They are frightened of His name; they run away from Him because they know the Ekadasha Rudra that He is. So on the one side He's mild in the sense He recedes away from people who are egotistical, ego-orientated. He doesn't like buffoons and idiots. Donkeys that He was riding is suggestion of these donkeys who are ego-oriented. He tried to control the donkey. But the left hand side are the people, these horrible negative people, they get frightened of Him, absolutely frightened, you take Christ's name and they just run away, depart. No, nothing doing, they're not going to face Him-"Oh! God." Now, this mark is the sign of His Blood actually. Even if you show this colour they run away, but one has to understand the significance of Christ, with patience, with humility, because He is the One who has created Universes after Universes. Here you cannot just sit on a table and say, let's have it out, let's discuss this. There's no dogma going on. He's a living God and Living cannot be discussed by human beings. You have to become superhuman beings to discuss Him, to understand Him.

And, the more you rise, the more you are filled with awe. "Oh! God." And when you realize that He is the support of the Universe, He is our support, then you feel very powerful-that nobody can possess you, if He's your support. But you cannot, nobody can, possess Him. You have to surrender to Him, so that you become His possessions. So that He looks after you. His greatness cannot be described in words. As a child, and as a Son, He is the giver of joy. One cannot describe how He looked after His Mother, it's impossible. No words can describe the understanding of Christ for His Mother, His love, His gentleness, His care, His devotion and dedication cannot be described. And you know that He came as an evolved Sri Ganesh, and at the back He's Sri Ganesh and at the front He's Kartikeya. Very powerful-eleven Rudras, and this has, given Him the highest position. So on this day we have to think how He was resurrected for us.

More than Him His Mother had to suffer His crucifixion-it was too much; because She knew all this was going to happen and She was in human form as a Mother and Her only loving Son, being crucified in Her presence. We should not glorify the Cross for the one reason of Christ being crucified

on that, but cross is the sign of the agnaya chakra, also because the same swastika, which was equally distributed, is expressed as an evolved symbol that is a cross. So when we glorify cross, we are glorifying our agnaya chakra by which we accept the life of dedication and of sacrifice. And if we look forward after the cross, we know that it is the Resurrection and the Resurrection that you are going to actualize in this life time. But now give up all nonsensical ideas about your seekings and useless ramblings. Seeking means not knowing about anything but becoming something. For that, Christ crucified Himself. He resurrected Himself so that you all could be resurrected, so you have to, today, thank Him for giving you the lead of resurrection and in this lifetime only, you are going to be resurrected and you are going to see, with your own eyes, your

resurrection as the disciples saw the resurrection of Christ. This is being all promised and this must happen to all of you.

So we should rejoice and be happy that the time has come for the resurrection and such a great event we are facing. We are such a people – give up our small visions and our petty hankerings, our small little lives in which we live like frogs. Expand yourself and think that today you are facing the drama of mass resurrection, not only that, but you are manoeuvring it. So rejoice and be happy that what Christ did 2,000 years back, today we are going to do it. That's why Easter is a special day for all of us. It really is a very special day because in our lives death has died and we are resurrected.

May God Bless You.

(Nirmala Yoga)

Sahaja Yoga The Maha Yoga

(Parvachan of Her Holiness Mataji Shri Nirmala Devi)

'Saha' means with; 'Ja' means born, Sahaja, is something that is born with you, that is innately built in you that sprouts by itself in you, which manifests itself. Like you can see a seed sprouting into a tree. This is what is Sahaja.

Now all other Yogas, which go along with it are part and parcel of Sahaja-Yoga. They cannot be separated from this Yoga. I think the people have misunderstood that there are four limbs of Yoga. That would be a misunderstanding as to think that they are separate or different. When we say that we have eaten this food, it does not mean that like a bolt it has gone inside the body and passed out of the body like a bolt coming out. Does it? It means that you tasted the food in your mouth; it means that it has secreted some saliva in the mouth later on, it has passed through the trachea, esophagus, going down into the stomach part and then to the intestines and then to the larger intestines. All this movement along this passage is done though the other kind of the movement which is existing in the organs itself like the stomach itself pushing it down, coming from your brain. The sympathetic and para sympathetic coming into play and working it out.

Now if you want to separate it; that the digestive system is different, the respiratory system is different, and your heart system is different, other brain system or nervous system is different, I mean you cannot take it out like that, you brain hanging on one side and your digestive system hanging on the other. It is one integrated form of Organisation which is a living Organisation, which understands each other, which reacts to the demands. You cannot separate the system, but as it is, our brains are so disintegrated or they are good at that dis-integrating everything within us and without that we want to disintegrate the living thing which is Yoga.

Yoga is not a dead organisation. It is a living process. Absolutely a living process. When it is a living process, you cannot do anything about it. So it is Sahaja. At the most you can shift it a little bit and push it here or there, push it around and all that. If a tree is coming up, like in Japan, and they will like to give it a shape, then they will cut branch first and bend it a little more another one and bend it this way, that way and give it a shape. But whatever is living is working out spontaneously within us with many complicated organizations which are living themselves and are aware of what

they are doing. For example your body is much more aware of me than your rationality. Say, you are a possessed person. You won't accept that you are a possessed person. I won't say myself also because I don't want to get very kind of thing which is in stock there. I know human beings, that if you tell them something like that you could be out for any sort of trouble. So I don't tell you. But the body knows me and when you come before me, the whole body shakes. Because it is a living body, it knows me; it is not a dead body.

So whatever is living, is so well looked after, so well organized and in a living way which we don't understand because we deal with the dead. Suppose I have to start this instrument then I have to know that there must be a cord that I have to put to the mains. I always say that Sahaja Yoga is like that; you take out your cord and put it to the mains. But do you think it is that simple? You believe that? That you just pull out the Kundalini and put to the mains? No, it is not. When the sprouting of the Kundalini starts, when awakening starts it passes through the various centres. How will you explain the Kundalini which is at the base of your spinal cord rising upward? Now, if I tell you that this is even more complicated than your digestive system, that the Kundalini which is an energy as we call it and which thinks

understands and loves you and knows each and everything about you in this life and lives before. If She is so capable, She knows everything then She is entity by itself. And if it has to come up to your head is it easy?

It is the most difficult thing. If you have a stone lying somewhere, you can pick it up and throw it anywhere you like. Even if there is a little worm it knows how to get out of the way of a big bull coming round. And if a bull, if it sits somewhere, impossible to raise it. You try your level best. There are some very drastic methods for that in India. You have to burn some red chillies and put that smoke in the nose of the bull, like that. Then only the bull will rise. Otherwise you try anything it won't rise. It will be settling itself nicely on the ground.

So you come across such bulls also. Sometimes it happens like that. But to make this Kundalini, which thinks, which understands, is the individual mother of an individual which has been born with you all the time, who knows all about you and who loves you most and She is the one who is going to give you most and She is the one who is going to give you the realisation, your second birth. She is your mother. The kind of a Kundalini that exists within us must be the most difficult person to rise. Has to be. That is why people say, Kundalini

raising is very difficult.

So one has to find the methods of how to make the bull rise. Because this Kundalini is "absolute Dharma" righteousness, absolute purity, ideal most personality that you could think of, which does not tolerate any nonsense.

She is Nirmala you can call Her. She is Purity personified. She does not accept any nonsense, no compromise She is within you. See how beautiful you are. She is not afraid of anyone, cannot be enticed, enchanted or tempted by anything. She Loves but Her Love is that pure that nothing is higher for Her than her own love. She cannot reconcile to anything. And she is the one who is going to give you your self-realisation

So, for human being who desire to raise Kundalini, they have to find out methods of pleasing Her. What makes Her so unhappy? Why doesn't She rise?

They have to find out the means and methods. And as a result of that probe has brought forth other Yogas, which we call as Raj Yoga or they call it as Hatha Yoga, or the third one they call as Kriya Yoga (I think Kriya and Raj is about the same) and Bhakti Yoga and Gyan Yoga and Karam Yoga. All these are the methods human beings want to employ to

make the bull rise. When they get frustrated, they want to hang themselves by the nearest tree. So, that also is another frustrated Yoga. Then Sadistic Yoga, then beating Yogas, then beating others Yogas then it goes on like that, you see, flowering into better and better things. Then fanaticism, because human beings find it difficult to sit still they get a challenge. "Oh this bull does not rise, I will make it rise."

Moreover, they haven't got the authority Even those who are self-realised they have no knowledge because Kundalini is not made by them. Like even if I get this machinery, I do not know how to handle it, how to use it? I may try but I may burn my hands instead. Such a hotch potch of endeavour brings forth so many Yogas in this world. And everybody is baffled at it that how it is that there are so many Yogas and this Yoga and that Yoga and Buddha or Mahabir or Christ. Then Church Yoga "And what is wrong in witchcraft" somebody said the other day. Nothing wrong but the bull will settle down better, it won't rise then.

Now so they have tried to find out what should we do? Stand on your heads, bull won't rise, it won't. So what should we do?

We should know what is the Kundalini that is within us. All these

Yogas that have come up, have been depicted from the experience of people. Because some people when they try to raise the Kundalini "so called" say they started jumping. The Kundalini does not rise. Some people started taking off their clothes or may be some such sort of a funny thing. They felt heated up. So people thought let us take off our clothes and we'll find God. Some people felt some sort of grip on the stomach or some of them did see also these things happening within. So they called it a Mool-bandha. The 'bandha' has taken place, something has gripped there. So the Kriya Yoga is that, you take out your tongue from here. You cut this thread of the tongue from here and you push it back here, touch the tip of the tongue here where normally it is wagging. Push it back here at the Vishuddhi Centre, they think Vishuddhi is here. The problem is that they think the Vishuddhi is here. So they push it back here. They think they will achieve the raising of Kundalini by this. It is just the other way round, we are trying, you see. The effect cannot reach the cause.

You have to go to the root of the cause to come to the effect. Did you see my point? Supposing the Vishuddhi Chakra which is here, a very subtle centre behind, is spoilt then the effects are felt, say, here. And your tongue gets affected, your nose gets affected, your cheeks get affected,

There are 16 you see. All these can get affected. But by tickling your nose you do not touch the Vishuddhi Chakra. Isn't it? Did you see my point? For example, something goes wrong at the centre from where the electricity is coming here. By tickling it here you cannot correct that one there. You have to go to the roots. Or on a tree you find a fruit. All the fruits are getting rot. So by treating the fruit, can you treat the disease? You'll have to go to the roots. So these people when they saw things happening to human beings they formed different type of methods. All are wrong and all are right.

Try to understand, this is a very simple thing. After realisation all of them are right. Before realisation all of them are wrong. Before your car starts, if you start turning the wheel, or using the brake, you are spoiling the car. When the car has started and you know how to drive and you have become a master of driving, then everything is right. Otherwise the same car which has to drive you from your house to this Ashram will land to somewhere. In the same way, the same thing before realisation has no meaning. After realisation only you start understanding.

So let us take the case of Hatha Yoga. It is based on centres, no doubt. It is based on "Ishwara Pranidhana", no doubt, all the Ashtangas, all the

eight sides of Hatha Yoga. See from human point of view, I'm saying. For them why Hatha Yoga came into being.

It's first that they should fix their attention on Ishwara Pranidhana means they should fix the attention into the existence of God. Not blind faith. But to understand that there is God, so that you humble down yourself. Then you should go to the realised soul as a Guru. Guru means a realised soul minimum. Any Tom, Dick and Harry becomes a Guru, is nonsense absolutely. He has to be a realised soul and if he is a realised soul he will say like that. He does not talk of separation, he talks of authority, because he is there he has that authority. Those who talk of separation and crying and weeping and woes and all that are blind like all others. They have no business to be there. There is no humility about it, I mean if I have a red shawl, I should say, 'I have a red shawl.' What is there to feel humble about? I mean whatever you are, there is no harm in saying what you are. When you are not that, when you don't have that and you say that you have, it is arrogance. But when you are there, you have to say. That Christ said, 'I am the light, I am the path'. I mean he was not trying to be arrogant about it. What is there to feel bad about it? So Hatha Yoga itself is done under a person who is a realised soul. Not

only realised but who knows. Who has mastered the art of Shakti path is the raising of the Kundalini minimum. Of course Sahaja Yogis just raise it like that. It is different. But no other Yogis can do that. It is only you, because you are authorized, that you can raise the Kundalini just like that. So what these Hatha Yogis have done? They have boiled it down to only the physical sense. So you have to have Ishwara Pranidhana, Yama and Niyamas and that too before 25 years of age, you have to discipline yourself in a way that you should understand, what is right and what is wrong. Now those who have done all the wrongs of the world before they are 15 years of age, now at the age of 25 are trying to learn what is Yama and Niyama. How can you do it? Just tell me now. Supposing you have spoilt the car completely. At the most you can ask for insurance, if you have paid for it. But how can you expect the car to come out absolutely new, as if it has come out from the factory? A house which is being completely mutilated cannot be renovated. Isn't it? That would be madness. So one has to understand that these Yama and Niyamas and all these things are not meant for us. At least for the Western people, in any way. Let us accept it whatever it is in experimentation or whatever it is we have committed lot of mistakes or may be we have been experimenting, again I'll say the same word. Whatever we have done we

have done a lot of harm to ourselves, to our body and to our mind. Because we had nobody to guide us. Alright. We didn't want to harm ourselves but by mistake it happened. Now what to do?

It is a very said affair. People are sick. They cannot do Hatha-Yoga. The atmosphere is sick. The whole place is sick. They want love, they do not want exercise. They do not want scouts. They want somebody to love them, to heal them, to cure them to establish them.

There is no word of love in Hatha Yoga these days because you pay for it. One thing you cannot pay for is your love. How can you for love? And that's why this modern Hatha Yoga is just a misnomer. But after realisation you can do Hatha Yoga because you are purified, you are cleansed, you are healed, your wounds are alright. People are wounded, they are so much hurt. They are extremely unhappy. You touch them and feel it. Why talk about big things when they do not even have energy to sustain themselves? It is a strain on them. And none of them are realised souls, neither are they masters of Shakti-path. So that's why it was said, "you go to a Guru who is a realised soul. Go into the jungles before 25 years of age you should be there and practice under his guidance in complete celibacy in the atmosphere

of complete celibacy.

Now come to Kriya Yoga. When we take to Kriya Yoga, it is taking out the tongue as I said cutting it out and putting it back here to tickle the Vishuddhi Chakra. I mean I don't know sometimes, your rationality also goes out, I think. By doing like that do you think you can excite this great power within you which is discrimination, which understands each and everything; you cannot be fooled by that. So all these tricks which we have been trying by ourselves of poking yourself here and poking yourself there, nothing at all. But it happens, when the Kundalini rises through the Vishuddhi Chakra, that when the dilation of the chakra takes place it happens that your tongue is pulled inside. It happens that your eyes get dilated. I hope they do not put Atropine to dilate their eyes to get their Kundalini awakening. So it happens like that. Bandhas take place, the stomach holds the Kundalini with the Bandhas. It closes down the chakras when the Kundalini comes up, it closes down automatically so that the energy is kept upwards, it is not allowed to fall down. All these things happen within us. These Bandhas happen which some supra-conscious people might be seeing and they want to think that if you pull your stomach like this, put your tongue inside, Kundalini is awakened. These things happen as a result of Kundalini awakening but by doing these things you do not awaken

the Kundalini. Now did you follow my point ? did you ? It is clear now.

That is why these Kriya Yogas have started, this jumping has started. Even the nudity has started. All this as a result of some people who are trying to raise the Kundalini. Even in the centre which it rises all these things happen. When your health is not alright you are sick, your heart is working, labouring very hard to look after your physical being, you try to make it even weaker by taking these strenuous things. And by using the other way round methods, as I told you, you also spoil your instrument like the electricity has to come so the electricity must flow from there. If I start blowing from here or poking from here, with frustration also breaking this one here, electricity is not going to come, only this will be finished. Do you follow my clear cut idea? It is very clear that if you are going to spoil your own instrument you are not going to get the energy to rise within you.

But one who is a realized soul he would tell you first of all he may raise your Kundalini, minimum, awaken your Kundalini and ask you to make way for the Kundalini to rise gradually. Human beings when they raise their Kundalini, they raise it by every chakra. They bring the Kundalini, say, Mooladhara, of course they cannot touch it. The Kundalini would come upto, say nabhi at the

most. Then how to keep it there? So they will say, "eat less, do not take away your attention too much, you must eat very little food so that there is not much attention on food. You must be detached." This is before 25 years of age. "Do not starve too much. Eat at regular intervals. Do not pay much attention to anywhere outside" so that the attention is kept there so the Kundalini does not drop down from the little inch of progress it has made in 25 years.

They are born again and they move at the pace of an ant and they fix your Kundalini by inches there and they say do not lead any adharmic life, you have to lead a very virtuous life, like a horse, you see, when you have to train the horse, you put these two blinds around so they have to train the horse before it starts really running the race. But with this the most important is love of the grand parents who are with them on those days they used to be - to look after the children and the love of the Guru and the training and the discipline of the own self. The gurus who take money from you what are they going to train you up in? Business management or dubious methods of cheating? Their own lives were so beautifully blended with their love, with their knowledge and their whole understanding that it has a direct affect on the character and the personality of the pupil. While now in India no body can write epic

like Rama's. We do not have any Ramas now. We won't have perhaps. They only write stories. Now we have poems coming out of India like your horrible Lord Byron, he is born in India now. He has left your country. So like that all the dynamism in literature is also finished because there is no ideal before the people. They cannot think of a perfect personality. So the epics are difference and they say everywhere we go to learn these things to our Guru (so called) we see their lives. The impression that we have within us is also just the same and they cannot teach anything unless and until they themselves have the light.

Now this Kriya Yoga is also just the same thing. It is described by great saints in India that those Jalunder Bandhas and all these Bandhas take place, means the bondages take place in the stomach in the heart and all these granthis are broken. Yes, it happens in you also when the kundalini rises. It does happen because I am quite a big master. I do everything myself. I do not leave anything to you, till you have got it. Only this thing you have to do is to freely choosing the path of self realization. That is the only thing you have to do "to be absolutely free". In all your freedom you have to accept Sahaja Yoga. If I find you have not chosen it by your freedom you get out of it, very fast, you would not be there. You will

simply run away. If not, I will see to it that you run away.

Someone has to understand all these Margas, all these paths, even like Bhakti. I have told you about three types of bhaktas. One who are asking for kama,. So many have come to me for, say, cures, so many of them. It is a good thing. It is a good chance for me. Then they get cured: then they have that love since they are Mumukshus and they can become very great Sahaja Yogis. In India there are many who have come like that they first come for treatment and become very great Sahaja yogis. So they can pass through all these various stages.

So one has to understand that this is the time of Mahayoga. Where all these Antar Yoga means all these happenings inside take place automatically. I have something to do with your Kundalini very much and She knows me very well too. So much so that as soon as She sees me She is up there so happy. And the first impact is so great you feel She has got it. She rises with such thumping joy, you get it, But again you go back to your crutches. Even you have lost all your troubles and everything finished. Now still you want to have your crutches because you are identified with them. So you go back to your crutches and again want to become lame. This is just acting, going on for some time.

But if you act for a long period you become lame. Because you have been playing games, you see. And now the game is over. So you have to accept yourself that you are great. And that you have got it now within yourself. It is there, now you are a light now. You are not the same you were before and you are transformed into this flower. You should have faith in yourself and confidence in you because you have been identified with people like that with bad experiences, indifferent experience, you do not want to believe that there can be an experience of that kind. You do not want to accept it. But if you understand it a little bit you will settle down nicely and I am here to make you the master of it, absolutely the complete mastery over all this.

When Maha Yoga comes in, you do not have to worry about anything else. All the Yogas are at your feet. You just raise your hands just like this and the Kundalini will rise. It is a fact you just try. Anybody is sick, you put your hands like this the person is going to be alright. Try Yourself.

This is Maha Yoga. The culmination point of Sahaja Yoga. Once you achieve it you do not have to do anything else. Then you become that because only everything works for the Becoming and if there is something that just gives you the whole thing, then why should you do

it. All things that have happened to you after you have come to Sahaja yoga I am going to give you a list of those and what they are called in Sanskrit language.

Thousands of years people have had to work for it. But you have got it just like that. It is a fact. It is difficult to accept that you have got just like that without doing any hard, any big exercises. Is not it? But just wait and see what you have got. Of course some people do not get it because there is a problem. Some problem is there. But do not bother, it will work out. But those who got it should know that they have got it because of something and that something you have to discover. That is what you have to find out for yourself. There is a reason why you have got it like that. Like mantras also, somebody told me that there is a guru who gives mantras according to the age. It is all nonsense. Complete nonsense it is. You see, even a realized soul would not give you a mantra, that is why it was regarded as a great thing if some body gave you a mantra. Now every Dick, Tom and Harry like a donkey brazes in your ears and you think, "I have got." They are trying to befool you, they do not know they are befooling themselves. Whatever they have done they will have to pay very heavily.

So mantras are never given just

like that you have to know various points of a person, as to, who is your kula-devata, the worship of your family, what is your horoscope, what are the stars you are catching. At this point giving of the mantras, the time is to be determined, at a particular time of the horoscope what is the time of the horoscope that tallies with the Guru's horoscope. That is why people used to have one or two people. Even a person like Gyaneshwara gave a name to only one person in his life time. Here these Dick, Tom and Harry are giving names like they are distributing, I do not know what! Nothing is more easily available more than these names of horrible things. If I told these Indians they will know (इन लोगों को एक मंत्र दिया—इंगा, एक दिया हिंगा। तुमको तो मालूम है)

You should have some sort of an authority which you can use and every mantra which you say will be awakened. You know that after realization it is such a wonderful thing to see that even if you are not yet out of your possession still you work it out. Still nothing happens to your Kundalini raising system, nothing happens to that, still you can raise the Kundalini. Isn't it? Still you can give realization to people. You may be possessed all this time, fighting with the spirit but here with one hand you are raising Kundalini automatically.

There are lots of spirits which

are trying to possess you. You are feeling them with one hand that side and with one hand you are raising the Kundalini. Nothing would go wrong with the person whose Kundalini you are raising. To that purity. Otherwise to give mantra and to take mantra a person has to starve for seven days. Not to see a man's face or a woman's face. All sorts of vidhis are there, then only you can get it. There some people tell the discipline to wash their hands 108 times every day. All sorts of these neti kriyas and all that has to be done before a mantra is given. It is a big ritual. Why? Because you are so vulnerable. It is like a phosphorus. And you cannot put phosphorous into some body's hand. You have to make all arrangements till you can do it safely.

But supposing you become all powerful then what ? Everything becomes a child's play. Everything becomes so simple. You are raising the Kundalini. You know there are centres. You can raise it through the centres. You know how to awaken them. That is why it is Mahayoga.

It had to be this way, sometimes, otherwise how are we going to save this world? How this creation is to be justified ? We have to find. I mean God has to find some method by which all of you who are seeking Him are to be blessed, and that he should be manifested so that

His work should be completed.

So this is Mahayoga which encompasses all the yogas. There is no need, now to go to stone ages to come back to human stage. It is something like that. Or else you can say that now if I have to go to India, I need not go like Columbus and end up in America.

Somebody who knows the way has come to you, who knows everything, all about it. Somebody who has done all this who knows all the tricks of trade and also knows you very well, though still I am learning.

About human beings I have still to learn a lot. They can be quite queer. I do not know why they behave like this. Cannot understand, Oh God. It is a great revelation sometimes when you see human beings, how they behave. Very interesting. Very interesting creature, I must say, they never behave the same way. You cannot predict. Most unpredictable. Do not know, what they will come out with? Very interesting. After Sahaja Yoga you will also enjoy very much.

This is about so many yogas I have told you. Now if you have any questions ask me sensible ones, again I say. Ask me question because I have told you in a short way but later I will give you the complete idea.

May God Bless You !

IN REPONSE TO A QUESTION MOTHER ANSWERD THIS

Now this lama business is all wrong; all I must say very frankly. They do some tricks to spoil this instrument. Hypnotize. Do all kinds of things. It has brought about lots of problems. Now everybody has got it. You have not got it so it is a little problem, does not matter. You have to little bit cooperate with me and you will get it. You must get it. It is my desire. That is your desire also. We meet on this point.

Kundalini is the desire of God. Is not desire for God- is the desire of God Himself. So it can be only awakened by that desire. It is the desire of God within you that is being blessed and the desire of God is the Shakti. And the desire of God is that He loves you. His desire is to give you all His powers and all His loving capacity. This is His desire. It is placed within you and is dormant. So when it rises, His desire is fulfilled. And that is how you get your fulfillment. Unless and until you are God, you cannot command desire of God. But after realisation He gives you, bestows His power that you can manoeuvre His desire. You can raise the Kundalini in the people which is the desire of God. And you can make Him desire. That is the greatest one can achieve.

OUR POSITION IN SAHAJA YOGA

In speaking of the Kingdom of Heaven, Christ says in the Gospel:

"The last will be first and the first last" (Mat 20.16)

and also "For everyone who exalts himself will be humbled, and he who humbled himself will be exalted". (Luke 14.11)

Seen in the context of Sahaja Yoga this means that those who, according to their own "ego" are the first are, in fact, outside the Kingdom of Heaven, in which there is no place for the "ego", while those who are humble and willing to receive the Divine Grace (The Vibrations) shall have a place in the Kingdom; they shall be the first.

We know that there are "categories" if not an hierarchy in Sahaja Yoga. What does this mean? These categories or hierarchy can certainly not be appreciated by our minds. In other words, the "first" will not necessarily be those who first joined Sahaja Yoga, nor those who "think" that they have "done" a lot for Sahaja Yoga, nor those who "consider" themselves to be better Sahaja Yogis than others because they have no problems. All these attitudes are generated by a very

subtle and even pernicious "ego". No, our position in Sahaja Yoga depends on a completely different type of principle; that of our thoughtless awareness when, by the Grace of the Holy Spirit, the Heart, the Self, is truly awakened. Then there is no question of being superior or feeling that one is more advanced, etc... One does not occupy a "position" in the human sense of the term, because the "ego" has vanished. It is replaced by a state of consciousness pervaded by purity, sweetness and a more authentic and profound understanding of a new Reality which is delivered from the constraints of the "ego". The "state" sends forth the vibrations of love of Mataji, and one surrenders oneself to its support and its guidance. It will also act on our brain when it is time to engage in action. That is our "position" in Sahaja Yoga, which will in effect be established by deepening this stage through an ever greater capacity to absorb Mataji's vibrations in order to send them forth, and through the development of ourselves by our communion with the Collective Self made up by the other Sahaja Yogis.

ANTOINETTE SUSSEX
Switzerland
(Maha Avtar - 1980)

BENEFITS OF SAHAJA YOGA

You asked me if I could write about spiritual benefits of Sahaja Yoga. When one sits down to do it, one feels the difficulty as being that even contemplating that phrase one goes thoughtless. The benefits are so many and various because as the chakras get enlightened so all the divine qualities start asserting in one's life in all purity and beauty. Easy to write about material benefits of better job, health improvements, passing exams with flying colours. But all that is a by product of the enlightenment by Mother's grace and one's spiritual instrumentation. It would be an impertinence to write about benefits to oneself of a spiritual nature. Because who benefits from Sahaja Yoga in the spiritual sense is actually God Almighty Himself. It is His joy in His creation that makes our Sahaja Yoga such a joyous experience. It is his innocence that protects us and cures our illness. It is His wealth that showers on us material rewards. It is His fearless nature that kills all the negativity in our hearts and opens us to His joy and love for one another. The benefit is not to our self as we used to identify it but to our pure self which is a universal being. The benefit of Sahaja Yoga is that one becomes a Sahaja Yogi one becomes identified with that and not with the myth of one's name, nationality, occupation, family or any limited thing. One becomes a part of the eternal being which is the same in everyone, and

the brotherhood of Sahaja Yoga is the recognition of one's self in others and above all in Mataji Nirmala Devi, the Adi Shakti incarnated in person on this earth for our salvation. Blake said that God does not hate sin but He hates unbelief. In this day and age that unbelief is not to recognize Mataji as the Spirit divine in human form. That is the sin which Christ said will not be forgiven at the last judgment.

The special spiritual blessings of Sahaja Yoga is to realise that the spiritual path of seeking is not a lonely one even though every soul must seek alone and individually. The sense of loneliness comes from the Ego's sense of specialness and separation. But when ego drops away so does the myth of loneliness. One finds all the brothers and sisters are on the same path, entering the same lovely garden. Separation ceases by merging in joy of recognition. People speak of surrender, which implies effort. But recognition requires no effort, it happens spontaneously when the eyes clear and one see with certainty. Recognition is Sahaja and recognition of Mataji is the greatest joy of all. She is our Mother since all time. Just to recognize that is the greatest reward of all punyas.

JAI MATA JI

GAVIN BROWN
London
(Maha Avtar)

Surrender IN SAHAJA YOGA

Sahaja Yoga is ultimately for everyone; the best benefits, however, are derived by those who can surrender voluntarily at the lotus feet of the Divine Mother, Her Holiness Mataji Shri Nirmala Devi. This is not always easy; while living we develop a code of values and act accordingly – albeit happening automatically as a living process in an individual's experience. Trust in Ma and Her teachings have to be established. Cool vibrations in the hand is the indication of Divine support of Grace; this is the beginning of a need for further investigation. Examine continuously the benefits received in answer to prayer.

When I can trust Ma, I can trust myself. Am I getting defensive with Ma? Is there something which I want to conceal from Ma? We all have our horror story in which the individual is the principal actor. "I wish it was not true", he muses "or could the memory of it giving rise to guilt feelings be erased from the psyche?" Ma knows all from the revealed story of the Chakras, a history sheet by itself, and other

Divine means. Besides knowledge of our inner-most fears and subsurfaced anxieties, Ma forgives completely because "your story" is not quite horrible enough. Nevertheless, there is needless guilt which affects left Vishuddhi.

Clearance of left Vishuddhi is achieved by the Mantra of Vishnumaya, Rahda Krishana. Cultivating a sweet language helps to banish guilt. Why not get familiar with some pleasing words by taking them into our vocabulary and using them! Guilt feeling is the feeling of inferiority and inhabitation. It creates a chasm between Ma and me, as an unworthy.

Right side Vishuddhi is affected when the individual dominates or is dominated against his will. It leads to erosion of dignity and self respect. A man with insufficient dignity cannot surrender effectively. Since Ma never plays with the dignity of Her children, the tormenting secret of the past remains between the two – the Mother and Her child only. Because She knows us better than

we know ourselves, She can do more for us than we can ourselves. It is a wise intelligence when sees itself fully exposed and vulnerable and knows that the vulnerability is not really hazard in Mother's gentle hands. In any case She can do whatever she wants to; I hazard a guess that it is the Mother's nature to forgive. She cannot help that part of Herself. She is Nirmala Vidya – the Divine Mechanism by which Mother forgives. Divinity goes about its evolutionary way regardless of our non-understanding. All we are required to do is to let the mystery do whatever it has to do by submitting to it.

Trust and faith will develop in their own time; like all other human relations it takes time for trust to develop. And only trust till the Guru is also tested. May be our own instrument is testing for its own good. Let it do so naturally. To accept Ma now or later is one of our freedoms with which Ma will not interfere. Is my inner speedometer running too fast through old habits of impatience? Why hurry? Let it happen naturally, praying all the time for Ma to come into our heart and void. Certainly we have to be patient with ourselves knowing that the ego reacts to its own creations; it needs to be brought into the

Thoughtless awareness State; involved misidentification gradually dissolves away.

Mantras of Nirmal Hriday, Nirmal Mun, Nirmal Chitta, Nirmal Chaitanya and Nirmal Anand will help. The utterance is as with other Deity Mantras, i.e. invoked in the name of the Great Mother.

Ma is better than me in all esoteric matters. Do I want mastery over myself? Then I must learn. To learn from anybody requires an attitude of humility towards the teacher; some ritualizing before meditation helps to establish modesty and humility. A ritual is a symbolic physical action with emotion attached to it. Cleaning hands, taking off shoes, using the vibrated red sindoor (Vermilion).with reverence, lighting incense and candles, cleaning Ma's photograph with a clean red cloth, always facing Mataji's photograph, avoiding all undesirable acts as though Ma were present, there, asking for Her, Grace etc. are some of the good ritual practices which give definite rewards of better awakened awareness. The mechanical conditions themselves will yield with time.

The greatest form of admiration for a person is reflected

as emulation. But what do you emulate? Ma is a mystery, unfathomable. One just accepts the mystery and submits allowing anything and everything to happen. The living Deity is participating in the Evolutionary Clearance of the individual and Collective Nervous System through mastery of the Divine - Controlled para-sympathetic nervous system.

Transformation within is the reality. The force bringing on the change should be venerated and worshipped. An individual's affairs are really governed by so many forces beyond his control. He certainly cannot handle all of these complex variables which shape him and because he cannot, he gets anxious and tense. All tensions are the manifested discomforts of inferior feelings. Do I feel inferior because some things are beyond my capacity to do? The equipment of body, mind and soul is equipped for just those activities which are within its capability. Pursuit of excessive aims like ambition, competition, unrealistic objectives gives rise to the well-known ills like anger, fear, gluttony, lust, greed, pride, sloth etc.

Recognition of one's worth by oneself is right. No other person or social pressure should be able to push us against our will. To be

independent of this external force needs surrendering of all misguided externally determined values of one's environment. In any case my aim will be low - not high enough. So, why should I make demands on Ma, set conditions, or resist Her. Instead, I should accept Her in Her totality, avoiding the intellectual interpretations. Whatever Ma is and does is the most appropriate and ideal. An attitude of total acceptance, obedience and submission to Her helps in surrender. Let Mataji handle it all in the collectivity. The objective must be sincere, the quest honestly purposeful. Only then absolute honesty will make one say, 'Ma I need you; please help me. Give me the right temperamental attitude and environment for an effective surrender. I do not know how to.' Badhas get cleared with prayer and that helps in surrender. What is one to surrender? The surrender is of wrong and harmful attitudes, certain habitual patterns of thinking and feelings; inability to forgive is one of them. It requires maturity and ability to forgive. Resentment is immaturity. When due to my human frailty I cannot forgive I should ask Ma to forgive on my behalf, till I can forgive. This helps to clear agnaya; forgiveness restores balance in the personality.

When Mataji is physically present amidst us, correct protocol demands that the person of Mataji be not touched. All attention should be on Ma; slight distractions from attention on Ma are to be resisted. Attention should be focused on the large Bindi of Ma on the Agnaya Chakra. Never interrupt Ma; be attentive in humbleness absorbing all that is relevant to our being of the moment. Avoid coughing or clearing of the throat while with Ma. All private Conversations must cease during the physical presence of Ma. This is an elementary courtesy. That our spiritual Master is a lady should always find consideration with us.

There will be interference in total submission to Ma, whatever is interfering should be ordered to behave. A very slight use of the will, helps. An invaluable aid can

be taken from the Deities invoked in the name of our Mother. When invoking the Deities through specific finger touch of Mataji's photograph, specific quality of these Deities should also be requested. Another novel technique is to ask twice the cause of the disturbance. The first answer will be superficial, misleading, not honest really. Then ask gently, "and the other real reason." The Badha will reveal itself in most cases. The Badha when once exposed can be easily eliminated from the attention. It is important to understand that it is not what I want it to be nor what is my ideal but as REALITY REALLY IS.

Not me but Ma – the Universal Mother – She does everything. Why bother – just enjoy yourself. Let Ma do Her work.

Jai Mataji !

*Pronounced as the underlined part of a work.

- HRIDAY - Heart, Heartily
(HE R/B THOB CALENDAR)
- MUN - The seeking desire (Rhyme it with Fun, Bun)
- CHITTA - Attention
- CHAITANYA - Consciousness (CHASTE THINK FUN YARN)
- ANAND - Joy, Bless (ASK NONE THOU)





Photo of
Lightings,
at Pune Stadium
During
Christmas Pooja,
2004



Sahaja Yogi's are sitting on the day of
Christmas Pooja 2004



This photo was taken During Marriages
at Pune, 2004



