

The Divine Cool Breeze



July - August, 2005





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T H E D I V I N E C O O L B R E E Z E

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SAHASRARA CHAKRA

Hanuman Road, New Delhi.

4th Feb., 1983

Today, I will be telling you about the last centre of Sahasrara. So this last centre, the Sahasrara, is contained in the limbic area of the brain. Our head is like a coconut. The coconut has the hair, and then a hard nut and then a black covering and inside is white shell of coconut and inside is the space, the water. In the same way, our brain is made. That's why coconut is called as "Shreephal". It is the fruit of the power, that is, Shree. Shree power is the right side power and the left side power is the Lalita power. So we have two chakras – left side, here, is the Lalita and the right side, here, is the Shree Chakra. These two chakras are working out the right side Mahasaraswati's power and left side Mahakali's power. Now, the central power is the Kundalini that has to rise and penetrate through different Chakras, enter into the limbic area and enlighten the seven Pithas seats of these seven Chakras. So,

it penetrates through six Chakras, enters into the limbic area, and enlightens all the seven Pithas in the brain, which are placed along the mid-line of the limbic area. So we start from the back, is placed here, at the back, is the Mooladhara Chakra, around it is the Swadisthan, then is the Nabhi, then the Heart, then the Vishuddhi and then the Agya. So, all these six centres are combining to make the seventh centre. This is very important point which we should know. Now, the Shree Chakra is right side working & Lalita Chakra is left side working. So, when the Kundalini does not rise then we do with our right side our physical and mental activities. So, our brain is doing right side activity and that's why our brain is like 'Shreephal'.

Sahasrara is, actually is, the assemblage of the six Chakras and is a hollow space, on the sides of which there

are one thousand Nadis (NERVES). And when the light penetrates into the limbic area, then the enlightenment of these Nadis take place and you can see them as flames, very gentle flames burning and these flames have all the seven colours that you see in the VIBGYOR. But the last one, ultimately becomes again integrated and it is a crystal clear flame. All these seven lights ultimately become crystal clear.

So, you have Sahasrara with one thousand petals, as they call it, but if you cut the brain in a transverse section or horizontal section, you will be able to see that all these nerves are built like this along the limbic area, all of them are like the petals and if you cut it like this, (Vertically) you will find that there are many nerves in every bundle of nerves. So, when it is enlightened, you can see Sahasrara as a burning bundle of flames.

It is very deep subject. So, when the enlightenment of the Kundalini takes place in the brain then the truth is perceived

through your brain. That's why it is called as 'Satya-Khand', means you start seeing the truth perceived by your brain because so far whatever you see through your brain, is not the truth. What you see, is just the outer side, say, you can see the colours. You can see the different aesthetics of the colours. You can see the quality of the thing. But you cannot say whether this carpet has been used by some saint. You cannot say whether this is made by a devil or a divine person. You cannot say that this gentleman is he a good person or he is an evil person. You cannot say if this Deity has come out of the mother Earth or not. Also, you cannot say about any person, who is your relation, whether he is a good relation or a bad relation or what sort of a person he is, whether he goes to wrong people or to the right people, whether he has connections with wrong side or with good side. Here, good means Divine. So actually you do not know anything about divinity with your mind. Nothing – it is impossible for you to judge a person about his divinity unless and until the Kundalini

reaches at least this part, which is the limbic area. You cannot make out whether a person is real or not, whether a Guru is real or not. Because divinity cannot be perceived through your brain, unless & until this light of your spirit shines, into it.

Now, the Spirit is expressed in the heart, is reflected in the heart. The centre of the Spirit, we can say, is in the heart. But actually, the seat of Spirit is above here above the head and that is the Spirit of what we call of the God Almighty, say whom you call Parvardigar, you call him Sadashiva or you call Him the Rahim, you call him by many names which are said about the Lord who is God Almighty Niranjan, they call Him Nirankar, every sorts of words which start with 'Nir', 'Nihi'. Now, at every centre in the body you receive a different type of joy. Every centre has a different type of joy. And, there are names for every type of joy you receive at every centre when the Kundalini rises. But when the Kundalini comes into the Sahasrara, then the joy you receive is

called as 'Niranand'. Niranand! The 'Ni' means nothing else but Anand (Joy). Niranand ! Also surprising, my name is Neera – also, in my family I am called as Neera. And 'Neera' also means Mary, Mariam. Because it means marine. Neera is water. 'Neer' means water in Sanskrit language. It's called 'Niranand' in the brain.

And, this stage ultimately unfolds. First what you know is the Satya, is the Truth – what is this another gentleman suffering from, that you see on your fingers. First you see your fingers. First you see your fingers. With your attention, you know what Chakras, what fingers are catching with your attention. Then with your brain you can depict what centres it is catching. Because, if you say this finger, that does not mean it is Vishuddhi Chakra. But your brain can say that it is Vishuddhi. And that depicts it that this fellow is suffering from the troubles of the Vishuddhi Chakra. But still it is rational. Because, you see what finger it catches and then you say. But

when the Satyakhand or the Sahasrara, unfolds itself more, you don't have to think about it, you just say it. Then there is no difference between your Chitta (ATTENTION) and your Sat (Truth). The enlightened Chitta (ATTENTION) and the enlightened brain become one. There is no problem at all for such person. There is no need to see, on the fingers no need to say anything on the fingers and then depict it through the brain which you have learnt in Sahaja Yoga, that if you find something wrong here, it means Agya – that is not necessary! You just say, Agya. And you just say it and it is there.

Then, it unfolds more. First it is integrated with, as I said, Chitta (Attention). Then when it gets absolutely integrated with the Spirit, then whatever you say, is the truth. You just say, it is so. That is how, this brain unfolds into 3 new dimensions. First, it depicts the truth through logical conclusions. Because, I have told you that if this finger is catching then it is Vishuddhi. And then, you ask the

person "Have you got the problem, here?" He says, 'Yes', Then, you believe in Me and then you believe, that this is the Vishuddhi Chakra, which is showing, is true. This is the logical conclusion, in a way, that you have experimented, you are seeing and still doubting whether Mother says is true or not. And then, you are sure, "Yes, it is so, we have seen that this is Vishuddhi Chakra." So, the truth becomes logically acceptable to this brain. But still, there is the brain working out on its gross level.

In the second stage, as I told you, where you believe, you know for definite that this means Vishuddhi Chakra, no doubt about it. Then we say that 'Nirvikalpa' has started, when there is no doubt about Me or Sahaja Yoga. But then, the new unfolding starts within you. For that; one has to do meditation. In humility, one has to do meditation. And then also, for this new dimension, when your Chitta (ATTENTION) itself becomes merged into your brain or into the enlightened brain, for that, one has to, very honestly and humbly surrender to Sahaja Yoga.

Now, what do we do when we get our vibrations? We have different-different reactions. Some people do not even understand the value of vibrations. Some people try to learn what it means. And some people, suddenly think, 'O, now they are realised souls, they can, go on giving realizations, this, that'. They go on a ride of a ego-trip. When they go on a ego-trip, they find that they have failed and they have then to come back, from the very beginning they start. It is like the game of Snake & Ladder. So, reaction to vibrations should be very humble, receptive reaction.

Now, on the gross level, because as I have told you that the brain is the one which holds the Father in it. So, if we commit any sins against the Father, then this unfoldment in the brain takes some time. So, we start reading books. And though people have told that first see the vibrations and then read the books, still we say, 'O' what's wrong, we should read other books' You go down on snake and

ladder as I've said. That is one of the snakes. We think that what's the need to do meditation, I have no time, I have this thing, that thing'. You do not progress.

The other point which is very gross. Also, there are some very gross people in Sahaja Yoga who enter into it. Doesn't matter. But first thing you must know 'you have to be honest, very' honest in Sahaja Yoga'. The honesty is like – I have seen people. If we have a dinner, say for a marriage party, they will just crawl into it without having any self – respect, without having any understanding as to, who is going to pay for all these things? They will bring all their family, come down and sit down. There are people who avoid paying money which should be paid for Sahaja Yoga. Supposing they are eating food or they are traveling or they are coming from abroad, they have to pay money for their traveling for their food. And sometimes, you know I have to pay lot of money. Doesn't matter, I don't mind. But it's not good for you. The main thing is that it's not good

for you. So, how you behave towards Sahaja Yoga as far as money is concerned, is also very important, though it looks gross. But it can give a big trouble in the unfoldment because of the Nabhi catching – and, as you know, if the Nabhi catches it can spread upto the whole of void; and if the void is catching, Ekadasha Rudra, which is placed here the destructive forces, built – in.

So, before coming to Sahaja Yoga, it was alright, you were doing all kinds of things and you would have smoothly gone to hell without any difficulty. It is very easy to go to hell. You can take two running jumps and go to hell. The rest of it you should see. But going to hell is the easiest thing. For that, you don't have to work hard or do anything about it. But, when you are ascending, when you are rising, then it is little difficult. You have to be careful that you should not falter, you should not fall and that you are ascending. So, you have to be alert about yourself that you are not falling into the same habits which you had.

Some people have a habit of saving money at the cost of Sahaja Yoga. Some have a habit of making money at the cost of Sahaja Yoga. Some people have the habit of not giving the due amount – and like that. It's something like cheating. They all go out of the Sahaja Yoga in no time. They may be looking like great leaders in the beginning but they go out just like that and many a times people tell me 'why don't you keep a proper account' and all that. But in Sahaja Yoga, I'm not supposed to keep any accounts or anything. Because, my accountants are Sahaja Yogis. If you try to play tricks with Sahaja Yoga, immediately you are pushed out; in your awareness, in your Nabhi chakra you never had – you may make thousand' of rupees here, but you will lose thousands of rupees, You might get into troubles. You will have any kind of a problem that I cannot tell and then you will say how did I get this problem? So Nabhi Chakra if you are not honest in your seeking. Honesty of seeking not only means 'I want to seek'. It also means what

your behaviour is, towards yourself and towards others. You have to be honest to yourself, that you sit down for meditation, try to improve your Antar-yoga, try to make your Thoughtless Awareness, this feeling of thoughtlessness, wider and wider. Try to achieve that state where you really feel thoughtless. So the honesty pays and you rise higher and higher, deeper and deeper into your own being. First you depend upon Me that, "after all, Mother is going to do everything. When I went to Mother my Sahasrara opened out. This thing happened, then this thing happened." But what about you doing something that helps you to open your Sahasrara? So, opening of the Sahasrara is very important.

Now, surprisingly, it is so placed that Sahasrara has got the Brahmarandhra at the level where there is, I mean, at the point, where there is the Heart – Chakra. So we must know that Brahmarandhra is directly connected to your heart. If it is not done from the heart, superficially done Sahaja Yoga, you can not go very high.

You have to put the full heart- that is the main thing. Like, people they come to Sahaja Yoga and they are murmuring behind, "This could have been like that, that could have been like that", all those things. All such people also are, what Christ calls as, 'murmuring souls'. He said that, be careful about these murmuring souls – those who go on murmuring behind and taking advantage as if they are trying to save others. All such people also, can suffer a lot. Because, they are doing a double game. And such a double game, is very dangerous **when you are treacherous to that kingdom, you are punished.** But in the God's kingdom, it's so blissful, absolutely blissful, complete blessings are poured on, absolutely, with everything – health, wealth, mental, emotional – all kinds of prosperity you can get in Sahaja Yoga, no doubt. But when you are so much blessed, you are also forgiven and forgiven, and forgiven, and there's a long rope given to you to hang yourself. But you really hang fully. It's not half way.

So, those people, who think, they can be dishonest with Sahaja, Yoga have to be very careful; please don't do it. If you don't like to be in Sahaja Yoga, you better go away, it is better; from your point of view and from our point of view also. Because, in case you are dishonest, you are trying to play tricks and games, and you suffer and you look funny and strange; then people will say, that what's wrong with Sahaja Yoga? So we will unnecessarily suffer. Because, we cannot show you in the mirror, that this man has been very very disloyal. We cannot show that! So, it will bring a bad name to us-first of all. And second, you will be harmed, by this kind of a thing. If you are harmed, then also we will have a bad name ***that how could it happen. But if you are honest about Sahaja Yoga and about your seeking, you don't know how much God looks after you! Anybody who tries to do any harm to you will be very badly harmed and removed from your path. God protects you out and out and he looks after you with 'complete' attention and***

care. And He is so loving that description of his compassion can not be given in words but can be only felt and understood.

Now, the problem is, people who are dishonest are because of their background, sometimes, because of their education, because of their upbringing or may be because they are cowards. But there is also, another thing that can make you dishonest – is your 'Poorva janmas' (PREVIOUS LIVES) and that's how you take your birth and your Kundalini is made like that.

But after realisation, those people who are of a great valour and great strength ascend so fast that all the problems of the stars, all the problems of your Nakashatras (BIRTH STARS) and all that, Constellations everything disappears and you become a Sahaja yogi means a newly born-absolutely a different personality; it has nothing to do from where you have come. Like an egg becoming a

beautiful bird.

So, this Kundalini, when it arrives here, the first hurdle the Kundalini has, to enter into Sahasrara, is 'Ekadasha Rudra'. These are 11 Shaktis, 11 destroying Shaktis placed here. Five on this side, five on the other side and one in the centre. These are obstructions within us, built by two types of sins we commit. If we bow our heads to wrong type of gurus and submit ourselves to their vicious ways, then we develop Rudra-problems on the right hand side – these five go out. If you have bowed – because I've never bowed to anybody wrong, to someone who is a wrong type of person and who is anti-God, then the problem comes on this side of the thing, on the right side. If you have the sense that 'I can look after myself, I am my own guru, who can teach me, I don't want to listen to anybody and I don't believe in God, who is God, I just don't care for God, all such feelings, if you have, then, your right side doesn't catch, but the left side catches. Because right side moves this side and the left side this side. So these

ten things and one is Virata Vishnu, because also in the stomach we have got 10 Guru Sthanas (PLACES) and one that of Vishnu. So the seeking is also wrong, as well as these 10 Gurus are out. Then you develop this Ekadasha- Rudra. When this thing is set-in within you, as I've said, one on this side and one on that side. So, those people who have bowed to wrong type of people develop a temperament or a kind of a personality which is very vulnerable for incurable diseases like cancer and all that. You may develop cancer or any such thing – those who have bowed to the wrong types of people.

Now, those who think, "I'm better than anybody else. I don't care for God, I don't want God, I have nothing to do" – all such people develop a left side Ekadasha. And left side Ekadasha is extremely dangerous too. Because, such people develop the problems of the right side – heart attacks, physically I am saying, and all other problems of the right side. So, one of the greatest hurdles of Kundalini entering into

Sahasrara is this Ekadasha Rudra, which comes from Void. And which covers the 'Medha' (is the plate of the brain). And that is how it can not enter into the limbic area. Even those who have been to wrong gurus, if they have reached the right conclusion and surrender themselves to Sahaja Yoga, accepting their mistakes and saying that 'I'm my own Guru', they can be cured. And those, who have been speaking that 'I'm above all, I don't believe in God, who is God, I don't believe in any prophets or anything – anything against God or prophets is the same – anti God personality who talks like that develops the problem, gets alright if he humbles down himself and accepts 'Sahaja Yoga as the only way of entering into the super-consciousness'.

I have seen people who have been Tantrikas, are being saved. I have seen people who have done all kinds of wrong things have been saved. Those people, who were members of very funny, strange organizations, have been saved. But it is

very difficult to convince anyone that whatever they are doing has been wrong and they should come to right path.

So a star come to play its part with Pluto, and this star is the one which has brought cancer disease because, Pluto is the one, that cures cancer, or all such diseases which are incurable. So, those people who just go head long into wrong path, suffer from funny type of heart troubles, palpitations, insomnia, vomiting, giddiness, all sort of, we can say irrelevant talking. It is a very serious thing to go to a wrong guru and bow to him. Sahasrara becomes a closed area for such a person. The persons who are against Sahaja Yoga, have a very strong Sahasrara, like a nut, in the sense that it is such a strong shell that you can not just break it – the strong shell, like a thick nut. Even if you want to use a hammer, you cannot break it.

Today the time has come, that you have to recognize Sahaja Yoga; you have to. You did not recognize any saint any

prophets, any one, any incarnation. But today, the condition is that, you have to recognize one. If you don't recognize it, your Sahasrara can not be opened because, this is the time when the Sahasrara was opened and you have to have your realisation. It is very important thing that you 'have' to recognize Sahaja Yoga. There are many people who say that 'Mother, why to believe in Sahaja Yoga this way, we can just call you just 'Mother' you could be my 'Mother' Alright, doesn't matter. But you cannot get your realisation. And, even if you get it, you cannot retain it. You have to recognize; **RECOGNITION is the only worship when you want to know God in Sahaja Yoga. All the other Ganas, Devatas, Deities, Shaktis are one in unison in Sahaja Yoga.** And, anyone who does not recognize Sahaja Yoga, they just are not bothered about you, what sort of a person you are. For example, a man who worships Shiva, he comes to me, and, I find his heart is catching – Surprising! He says. "Mother, I worship Shiva, how is it, my heart is

catching?" I said, "you have to recognize Sahaja Yoga. Just ask Shiva". And when he asked the questions to Shiva, then only the vibrations started flowing. So, Sahasrara takes charge that it makes you recognize and also, it convinces you, it proves to you. And by this proving even if you are not recognizing then you cannot get your realisation.

But those who recognize also, recognize partly- they take liberties, they behave in a funny manner-without understanding that who is this 'Person' who is here? I've seen many a times, I'm talking, people are just putting their hands up, raising Kundalini; they are just talking, chit chatting – I'm surprised. Because, if you have recognized, then you should know whom you are facing. Because, it is not for My good; I'm not going to lose anything. But only you, in your ascent have not recognized. That shows that you have not yet recognized.

And the way some people

monopolise Me also, is absolutely wrong. There's no need to monopolise Me, 'nobody' can monopolise Me. There are some people who say that "Mother must have misunderstood". I never misunderstand; there is no question. Or, some people try to tell me, 'Do this, do that' – that also is not necessary. 'Try to open yourself to this protocol which is very important in Sahaja Yoga, which I have told for this first time- today, that you must **TRY TO RECOGNISE IN A FULL WAY.** And, if you do not recognize, I'm sorry, I cannot give you the realisation which will sustain – and, it may start but it may not sustain.

So, this is the simplest way of achieving your higher thing is by recognizing gradually, by recognizing gradually. It is very difficult to tell anybody if something is wrong with that person-impossible. After Sahaja Yoga, I can tell you, this Chakra is catching, that Chakra is catching. But also because you know what does that Chakra mean, you can

come back on me. "No, no, Mother, see, it's not so. I'm not. That's not so." Why should I tell, you are catching? You have to cleanse yourself with full honesty. But first thing is to 'recognise' with full humility and understanding. Once you have recognized, gradually you will do everything that has to be done – you 'know', what is to be done.

Now the essence of Sahasrara is integration. In Sahasrara all the Chakras are there, so all the Deities get integrated. And, you can feel their integration. That means, when you get your Kundalini in Sahasrara, your mental, emotional, and your spiritual – everything 'being' becomes one. Your physical being also merges with it. Then you have no problems, as to. "Yes, I love Mother But I'm sorry, I have to steal this money." "Yes, I know, I recognise Mother, yes, I know She is great but I can't help I have to tell Her lies" or "I have to do this wrong thing, because after all, I cannot help it." There is no compromise with Me. It has to be completely integrated. Your

Dharma should be corrected. You can not do anything wrong and then say. "I'm Sahaja Yogi". **YOU CAN NOT.**

But for this, the strength comes from within. Your Spirit strengthens you. You must just put in your will power, that "Yes, Let my Spirit act". And then, you start acting according to the Spirit. **Once you start acting according to the Spirit, you find you have no slavery of anything. You become 'Samartha', means equal to your meaning; Sam+Artha; also, 'Samartha' means powerful personality. So, you develop that powerful personality which has no temptations, which has 'no' wrong ideas, which has 'no' catches, 'no' problems.**

'Swarthi' (SELFISH) people trying to play tricks are really harming themselves, not Sahaja Yoga. Sahaja Yoga is going to be established. Even if there are ten people in the boat, God is not bothered. It is only My botheration as a Mother. As a

Mother, I want many people to come up in the boat. But don't try to jump back by doing all dishonest things.

So, this is what it is – simple, that you are integrated. By integration, you get the power to do what you understand, and you have power to feel happy with what you understand. So, you come to a stage where you develop this 'Niranand'. And, this 'Niranand' you develop when you are absolutely the Spirit. In 'Niranand' state there's no duality left – is Advaita, (WITHOUT DUALITY), is one personality. That is, you are completely integrated and the joy is not anymore dented – It's complete. It hasn't got a happiness and a sorrow aspect, but is just Joy. **The Joy is not that you laugh loud, the Joy is not that you are always smiling. No. Is the stillness, the quietitude within yourself, the peace of your being, of your Spirit, that asserts itself into vibrations which you feel, that when you feel that peace, you feel like light of the sun, the whole rays of that**

beauty spreading.

But first of all we are cowed down by our own personal, selfish, stupid ideas. **THROW THEM AWAY.** We have them, because, we were insecure, because we have wrong ideas, throw them away. Just stand along one with God. And, you will find all these fears were useless. Our cleansing is very important, and that cleansing comes only when you really practice the cleansing as told in Sahaja Yoga

The Sahasrara is the blessing of the heavens, I should say. It has worked out so well. It is very difficult to break the Sahasrara And when I really broke it. I did not know that it would be that successful. First, I thought it is still premature because there are many "Rakshasas (DEMONS) still on the street, selling their goods; and there are many fanatics who are calling themselves by the so-called religions they are following not the real religion of the Atma. But, gradually it has taken its roots.

Now, let this truth take its roots within yourself through your Sahasrara. And once, this truth becomes absolutely the light that guides you, the light that nourishes you, the light that enlightens you and gives you a personality that has the light, then only you should know that your Sahasrara is completely enlightened by your Spirit. Your face should be such that people should know that there's a personality standing before you who is 'Light'. This is how the Sahasrara is to be looked after.

For looking after Sahasrara it is important that you should try to cover your head during winter time. It is better to cover your head during winter time so that there's no freezing in the brain because the brain is also made of 'Medha', means fat, so it should not be frozen. Moreover, you should not take too much heat on your brain. To keep your brain alright, you should not sit in the sun all the time as some of the Westerners do. Then, your brain melts and you become a crazy person – is a sign that

a person is going out for madness is something which I have told you many a times that do not take too much heat on your head. Even if you are sitting in the sun, keep your head covered. Covering of the head is very important. But the covering the head should be done occasionally, not all the time because if you just put a very heavy band around your head, then the circulation becomes poor and you may have trouble with bad circulation. So, it is an occasional opening of the head to the sun and to the moon, occasionally. Otherwise, you will sit in the moon and land up in the lunatic asylum. Anything I tell you, you must know that in Sahaja Yoga, we have not to go to anything 'Ati' (EXTREME). Even sitting in the water, some people will sit for 3 hours. I've never said so. Only for ten minutes you have to sit, but that with full heart. If I tell them anything, they will go on doing it for 4 hours; there is no need. Do it for ten minutes. Give your body different-different types of treatment not all the time the same thing. The body gets bored or

gets absolutely overburdened. Now if you tell somebody, this is your mantra; alright' it is to be used till you get rid of your Chakra, finished. Suppose, some screw is to be put here; alright; what you do? You put the screw to get fixity, you do not go on screwing even when it is fixed. Are you going to screw it more and more so that the whole thing gets spoiled? It is better, that you use wisdom. And for this wisdom, we must know that Shri Ganesha or Jesus Christ who are placed on both the sides. Here is Mahaganesha(Back); here is Jesus (Front) both of them help you to correct your vision, understanding and give you wisdom. So, the wisdom lies not in sticking onto something. Sahaja Yogis are not stuck-up people. If they are stuck up, they are not progressing. You are not to get stuck up with ideas and stuck up with people. You have to be all the time moving and in movement, it does not mean that you should fall somewhere and people think that 'O', we are (learning) such a lot, because we are falling down." You have to ascend, not fall.

So, when you are achieving something in Sahaja Yoga, first of all you should see that your health should be alright. Your kind should be normal. You should be a normal person. If you are still barking at people, then know there is something wrong with you. Or if you sink, sulking and still tantrumish and if you are still in a bad mood, then think you are not yet a Sahaja Yogi. You can judge yourself. If you are free like a bird then it's alright. But that doesn't mean that on the road you start signing like a bird and jumping on a tree. You see, any analogy I give to a stupid man, he can behave in a very stupid way. But to a wise man, he discreetly uses it for a proper purpose. So, one has to understand, Sahaja Yoga is known by the discretion – discreet persons.

Now, what happens actually that you get stuck with one thing, that is your 'Atma' (SPIRIT) and the whole your being floats like a 'Patang' (KITE) does, or a kite that floats, goes all over the places, everything but you are stuck to only one thing, that is

your Spirit. And, if you could really do it, genuinely, and honestly not worry too much about your money, and your family and other mundane things; just don't worry about it, you don't have to worry; just give it a bandhan. If it does not work out, doesn't work out, finished. What's that wrong? If works out, well and good. Not that your desire is important, but 'Thy Will Be Done'. First you say, 'Thy Will Be Done'- it is so surprising that your wills change, your desires change and whatever you say, is done. But when this also comes up, people develop an ego, so be careful. It's all done by the Shakti and not by you, by your Atma' (SPIRIT) and not by you. You have to be the 'Atma' (SPIRIT) and once you become the 'Atma'. You become 'Akarmi', (BEYOND GOOD AND BAD DEEDS), where you don't know that you are doing, it just works out, you don't feel, you are not aware.

I wish, after all these lectures, most of your Chakras must have been opened. But this is all my work. You have also to

do some homework. And, you have also to work and see for yourself. Be alert. Try to face yourself in the mirror and see for yourself. How far honest you have been? **How far clean you have been? How much friendly you are in collectivity – which is a very important point in Sahaja Yoga. If you are not collective, if you are funny, if you are strange, if you cannot communicate with others, there's something wrong. And then you should face yourself as you are and try to correct you. Because, you separate you from yourself like I separate my Sari from myself and try to clean it. In the same way, you separate you from yourself and try to clean it.** This is the way how Sahaja Yogis are going to ascend. When the Sahaja Yogis will ascend, the rest of the thing also will ascend. Many Sahaja Yogis of this kind will impress so many people that they will also ascend. So, the whole thing can

ascend very fast. But you people who are rising higher should try to rise higher without being aware of it – that's very important, those who think that others are higher than them are also sadly mistaken, because that's not so. Because, it is the whole that is rising. Nobody should feel in that way inferior or in anyway low or feel insulted that somebody thinks him low. Let somebody think, what does it matter, Divine does not think so. So, all these little – little things you should be careful about, and otherwise, very easy in this Krita yuga to achieve the ultimate goal of Atma Sakshatkar (SELF REALISATION).

I think today I have told you quite a lot about Sahasrara.

May god Bless you

Nirmala Yoga

ADVICE
of
Her Holiness Shri Mataji

1. It is nothing but love which expands, gives you vibrations, again reverts back, goes in parabolas, like that which you call a pradakshina (Circumambulation of Shakti). What is Shakti? Shakti is Paraboli.
2. I am old woman of thousands of years. So, I know everything.
3. Many people think ego is horrid. Ego you must have. You have not to fight with your ego. Only thing is that your ego should become one with that of God, that's all. It's a very simple thing if you just become one with God. Everything is so simple. It is a very simple thing, but you cannot do it. So I am here.
4. My photograph is the photograph of reality. Whatever I speak, because I am That, it is Pranava. My every talk, everything, is mantra going out.
5. Do not have Sahaja Yogis for business partnership.
6. Do not use Sahaja Yoga for making money. You have to be generous people. You have to be honest. Be satisfied in your heart.
7. You have to lead a chaste life. See chaste things. Your priorities will change, your friends will change. You will not like dirty jokes. You have to be decent people.
8. Don't be misers at all. All miserly people are against Sahaja Yoga and,

if miserly people come, I give them troubles. If you are miserly, you get lots of trouble.

9. Don't be too talkative also. If you become too talkative and troublesome, I can stop your talking. If you don't talk at all, that is also not good. That means, don't go to extremes.

10. Magnanimity of mind is very pleasing and it attracts others. This magnanimity lies within human being and is awakened by Kundalini. But how can those people have this joy of spontaneity who are living in artificial atmosphere? **Although Kundalini has been awakened and She has pierced Brahmastrandhra yet heart must be pierced. But some Sahaja Yogis have hearts like stones, absolutely devoid of love; they use sarcastic words while talking to others and want to show that they are great.** On many

occasions I have seen, people push others or shout at others even in my presence. Particularly, **when you shout at the children, I feel pain in my heart. At least Sahaja Yogis should have deep love for each other.** When you know that you are the children of the same Mother, why do you look down upon some people? Are you perfect? Are there no faults in you? We only talk of the universal love. If you have no love for each other amongst you, then in which mankind will it be seen? All I want to tell you is to clean your minds of venomous thoughts that you have for other Sahaja Yogis.

If a Sahaja Yogi visits your town, invite him, look after him, as if he is your brother. His happiness will purify your homes. I cannot understand how there can be groups among the Sahaja Yogis, because every moment your condition is improving or going down. Know that making such groups



is disastrous. Look at the good qualities of others and enjoy their love. Don't worry about their bad qualities. Leave them for me. You will realize in meditation that this is the only way of opening the fountains of bliss.

11. Sahaja yogi parents have great responsibility towards their realized children. They have to be protected,

disciplined and brought up in proper atmosphere of love. Realised children cannot tolerate negativity. They flight with it.

12. I do everything in collective consciousness. If I cure one person, many such cases become alright automatically.

(Nirmala Yoga)

THE ANSWER, MY FRIENDS, IS BLOWING IN THE WIND.

How can we follow up a visit of Shri Mataji? All the Sahaja Yogis have raised this question... and many have felt the answer. It is amazing to witness Sahaja Yoga establish itself and spread all over the world! It is wonderful!

It was hardly one year ago, in 1981, that Shri Mataji gave Her first public programme in Rome. At this time, about 250 to 300 people got their realization. But, as it is Sahaja Yoga which chooses those who are entitled to carry on the Plan of God, the Almighty, only the few who had a great desire to become Sahaja Yogis have worked it out. It is in this spirit that we decided to commemorate Shri Mataji's most precious gift in organizing two public programmes. We wanted to introduce Sahaja Yoga and illustrate its concrete application to everyday life.

Two special days were chosen for the meetings. The 30th Nov. and the 1st

Dec. that is, respectively, Shri Ganesha's day and the day of the full moon to flow in the stream of auspiciousness.

Our collectivity directed the maximum of attention and desire towards reaching as many seekers as possible and being able to bring them to our Holy Mother's Lotus Feet. While last April, during the second coming of Shri Mataji to Rome, our collective attention was concentrated on Her arrival, this time we aimed at the seekers and enjoyed very much doing all the practical work. For advertising the programmes we distributed over thousand leaflets, we printed 351 medium size posters and 151 large size posters with Shri Mataji's photograph. They were put all over Rome and the town was once again vibrated. The first programme followed the usual pattern: a general introduction, a video tape show and collective realization. For the second evening, just before the tape

we gave a short resume of what was said the day before, a technical explanation and two Sahaja Yogis spoke about their own experience.

Just before leaving Vienna Shri Mother had said : "I am definitely coming to Rome and She kept Her promise, not with her physical presence but through the powerful flow of vibrations. The shower of blessings from the Adi Shakti rained upon us as tremendous vibrations that gave realization to more than fifty people. All the Sahaja Yogis were standing at the back, in a compact row, similar to Shri Shiva's arrows ready to be shot, and were collectively raising the Kundalini of a public which proved to be sensitive and attentive. All of us Sahaja Yogis have the feeling that some among the new realized brothers and sisters are of a very high quality, and they were eagerly waiting for the follow up! Really, the Divine Strategist who constantly has been supporting and guiding us, ever present in our minds, hearts and souls, fully enlightened us as if

we were the warriors of Her celestial army, equipped with sword and shield, love and wisdom, engaged in the battle against the anti God forces.

To thank the Divine Mother for the attention She gave us we performed a puja the next Sunday. We gathered together at 8.00 p.m., got up at 2.00 a.m. and read the "Devi Mahatmyam" to celebrate to Great Goddess; again, the vibrations were so strong and cool, again the answer was blowing in the wind to tell us our puja was accepted. It was the best sign from the glorious spouse of Sri Sadashiva that the Spirit was pleased with Her small small children.

We felt the immense, boundless, unlimited Divine Organisation and Power behind us. This intimate relationship to the All was, for instance, expressed in the secret complicity of Shri Indra and Shri Vayu whom we invoked and prayed as rain was threatening the day we were to put the posters. Well, they took away the blanket

of clouds, letting through blue sky and sunshine. Shri Hanuman, as usual, took care of hundred details and encouraged us with many auspicious signs. The extent of His friendliness cannot be described here.

In truth, we must declare that the whole work has been done by the only and true Thinker, Planner and Doer who has inspired us all the time, by Shri Mataji Nirmala Devi.

Thus, at this particular time of our life we realize the highest privilege of being chosen by GOD Himself to accomplish His work, and the importance of doing it in a very detached way leaving the fruits of

action at the Feet of the Great Mother of the Universe, as stated by Shri Krishna when He told Arjuna: "Give thy mind to me, and give me thy heart, and thy sacrifice and adoration. This is my Word of promise: thou shalt in truth come to me, for thou art dear to me."

Once again we thank our most worshiped Shri Mother, and, with Her special permission, we will dedicate to Her the "Thanks Giving Puja".

Rome, Dec. '82

Flavia, Guido, Pedro

(Nirmala Yoga)



MITHYA

Translation of H. H. Mataji Shri Nirmala Devi's letter Written in Marathi on the occasion of Sahasrara Day Celebration on 5.5.1975

Dear Damle,

Many blessings,

Received your letter. It is a very good sign to feel a pull on Sahasrara, because only through Sahasrara endless rays are poured in man's heart and new doors of inner being are opened. But before this grace descends in, there should be a pull in Sahasrara. We understand the pull of heart which is also silent, but lop-sided, that is emotional. But pull of Sahasrara becomes all-round. There, man is in integrated state, in that Dharma (righteousness) and awareness implore for chaitanya (Divine Consciousness) that is God's love. This happens spontaneously. Although it is the skill of your Kundalini, your personality should strengthen the Kundalini. You earned that quality in previous lives and hence this life

is so great that gems of persons are available for my work.

If you understand that although my physical being is here I am all over, it should also be realized that even this body is an unreal (Mithya) appearance. It is difficult to come to this stage but if gradually unreal is discerned, the truth will be established effortlessly and waves of great bliss will envelope your being. I am explaining, in this letter, what is unreal (Mithya). It should be read out to all and assimilated by all.

Unreal starts soon after the birth in this world. Our name, village, country, horoscope, forecasts, many such things get attached to you or others attach them to you. Once Brahmaraandhra is closed, many types of illusory ideas become a part

of your mind. False thoughts like 'it is mine or they are mine.' Identify with outside objects! Besides, man-made bindings such as "My body should be healthy and beautiful" are inculcated. Then unreal relationships like, 'he is my father, he is my brother, she is my mother', are on your head. As ego develops, foolish idea, such as, 'I am rich, I am poor, I am helpless, or I belong to high family etc. come in your head. Many officials and politicians become egoists (Donkeys). Then, there are anger, hatred, forbearance, separation, sorrow, attachment under the cover of love and temptations in the guise of social status. Man with great affection keeps clinging to this unreal way of life. If you think of getting rid of all these, and make efforts what you get is illusory knowledge, because the attention (Chitta) moves along Pingla Channel, and then you are involved in Siddhis (Powers) and other temptations. A vision of Kundalini and Chakras is also illusory because there is no gain from it, on the contrary it is harmful. Whatever self-

controls and mortifications you insist on practicing effectively, all of them add to the limitations on your Chitta (attention). As such there is no way for liberation.

But all unreal does not fall off with the Self-Realization. It can be broken off gradually. If, with firm conviction, you deny from your heart all that is unreal (Mithya), you will have the realization of the Self (Atman) in its pure form. Thereafter it is established within you. Albeit, the same mortal human Chitta is drenched in that which is Mother nature of love, truth, having no beginning and end, verily the Shiva. Human Chitta is meant for realizing that reality. This Chitta must become one with that Atman. Only that Chitta, which progresses renouncing all unreal (Mithya), breaks all known and unknown bindings and becomes verily the Self.

Atma is never disturbed or destroyed. Only human attention (Chitta), in pursuit of desires, leaves its inner path. This is Maya (the illusion). She has been

intentionally created. Without her the attention (Chitta) would not have developed. You should not be afraid of Maya and should recognize her so that She will illuminate your path. Cloud hides the sun as also makes it seen. In the same way once the Maya is identified she moves aside and the sun is seen. The sun is always there but what is the purpose of cloud? Because of cloud you have an urge to see the sun which shines for a moment and again hides somewhere. It gives strength and courage to your sight to see the sun. Man has been created with such great efforts. Only one step of his feet and all is successful. But, still it is not becoming possible. Hence, I have come as your Mother.

Write your problems to me in letters. It is best to discuss only Sahaja Yoga even amongst each other. Attention (Chitta) should always be kept going deeper and deeper within. Forget outside as much as possible. Have confidence that everything about it is taken care of. There

are many instances to prove it. Then, in whatever you do, your Chitta (attention) remains in oneness with the Self. All bindings of sin (Pap) and merit (Punya) are snapped. Distinctions like worldly and non-worldly vanish, because that wicked darkness, which has created all the discriminations, ends. Everything becomes auspicious in the light of true knowledge, whether it is the destruction done by Shri Krishna or the Cross of Shri Jesus.

All this will not be understood by explaining. Just showing the path will not help. The path will be known only after walking on it.

When I get your letters I fix the targets. After some time even that will not be necessary. But, for the present all should write their own experiences and progress. When I come, we will see how many of Virata's channels (Nadis) you have awakened. It appears, this work will come up in the case of holy land of India, and



when fully developed, it will spread in all countries and directions.

When Sahasrara day was celebrated in London today, i.e. 5th May, I invited only about 20-25 people and decided further course of action.

Many blessings and infinite love to all.

Ever Yours-Your Mother

-Nirmala

(Nirmala Yoga)

Sahaja Yoga and Physical Cure (I)

R.D.KULKARNI

As all Sahaja Yogis know, sympathetic nervous system and seven Chakras govern physical and mental health of human beings. The left sympathetic nervous system i.e. Ida channel controls the emotional aspects of human nature, attitude of delving in the past, desires etc. Ida channel is the moon channel and with Pingla Nadi it maintains the balance of heat and cold in the constitution. The right sympathetic nervous system i.e. Pingla Nadi is responsible for physical side of the human nature. It keeps the balance of heat and cold with Ida Nadi in the constitution. Excessive use of one side causes imbalance in the system.

Too much of sleep, thinking of the past, lethargic nature result into over activity of left side and correspondingly right side remains unused. Over-working of physical and mental faculties lead to imbalance, in that right side is over active and left side is less used. Right-sided

people are ambitious and have tendency to dominate over others whereas left-sided people are submissive and aggressive towards themselves.

Ida Channel begins in Mooladhara and terminates in limbic area while Pingla channel starts from right Swadisthan and terminates in limbic area (Sahasrara). In day-to-day activities both the channels are constantly used and as a consequence their terminal points are inflated like balloons into Super-ego and Ego respectively. Super-ego is Sub-conscious and ego is Supra-conscious. By accepting conditioning the super-ego gets inflated and we move towards the sub-conscious and by rejecting conditionings Ego is inflated and we move towards Supra-conscious. If, movement in either of these two directions is excessive the collective sub-conscious or supra-conscious may be entered. It is in these regions that unsatisfied dead-spirits

reside and the result may be a possession. Of course some Tantrikas enter these areas in order to capture dead spirits and use them for their own purposes.

On the physical level these imbalances cause many diseases. It has been known for some time to medical science that people with over activity of the Pingla Channel (type A characters in their terminology) are more likely to suffer from heart attack. In Sahaja Yoga we know the explanation; over-activity of the Pingla Nadi drains the Ida Nadi especially the left heart and a heart attack is the result. Generally speaking over-activity of the organs for example high blood pressure, hot liver (right Nabhi and right Swadisthan). Over-activity of left sympathetic results into lethargic liver, lethargic heart, thus slowing down their functions. It can also result into low blood-pressure. Heart-attacks can also originate from over-activity of left sympathetic in which case the heart is lethargic and hence

less pumping and slow blood circulation. Over-active heart leads to excess pumping of heart and fast blood circulation. Most of the diseases of left side originate from collective sub-conscious i.e. cancer, virus infection, multiple sclerosis, meningitis, Parkinson's disease, arthritis, rheumatism, slip-disc, Spondylitis, Tuberculosis, Asthma, Anemia, Sciatica, Polio, Osteomyelitis, muscular dystrophy, Paralysis. By and large patients of the diseases caused by left side do not suffer from fever. Similarly diseases of right side involve high fever. In these cases left side should be raised and grace of God be added into right side.

Patients of left-side diseases should raise their right side and add grace of God into their left side. They should also put their left hand towards the photo of Her Holiness Mataji and right hand kept away or kept raised so that back side of the palm faces the photo. It is disastrous to turn the palm of raised hand towards the photo. Similarly those having the problems

of right side should put their right hand towards the photo and raise left as stated earlier or keep it away

Our diet has much to do with the balance of sympathetic nervous system and has to be suitably changed in order to correct the imbalance. Malnutrition can be the cause of many left side ailments. Hence those patients having lethargic organs should take protein-rich food and even non-vegetarian food and less carbohydrate. Right sided people (having over-active system) should avoid proteins and non vegetarian food and should take more carbohydrates and vegetarian food. While on the subject of diet, it is imperative to warn the protagonists of vegetarianism on philanthropic grounds, that intellectual compassion on animals does more harm to themselves than any good to the animals. Compassion should emanate from the Spirit and only that compassion (Kripa) works which comes from the heart. The intellectual mercy is useless. Know which animals are to be preserved and

which are to be destroyed. As Her Holiness Mataji says, "Of what use they are? I am not here to give the realization to chickens".

Not-with-standing all that has been said it is not always necessary that over-activity of particular side would lead to the diseases related to that side alone. Over-activity of right side may, as a reaction, trigger collective sub-consciousness and cause the diseases of left side like cancer. Hence those who are on the extremes in this regard, say excess physical and mental activity, are vulnerable to the diseases of left side owing to too much of brain work, brain gets tired and causes diseases.

Left side diseases can be caused by Badhas also. These people should put left hand towards the photo and raise right hand as described above. Shoe-beating one's own name is also an effective treatment. It is necessary for these people to invoke Shri Ganesha and establish Him

on their Mooladhara by inner purification, innocence etc. Devotion to Shri Mataji is of utmost importance as Shri Ganesh will be pleased only if She is pleased. Influence of bad Gurus also creates left side problems in which case left Swadisthan and complete left void and left Agnaya are affected. They should place right hand on stomach and stretch left hand towards the photo and pray "Mother, please make me my own Guru". As mother has said that it is our sprit that is our Guru and hence once the Sprit is awakened one becomes one's Guru.

Problems of left side or right side affect the Chakras and that ultimately leads to the damages to the organs which are governed by the affected Chakra. Further, concerned deity of the Chakra recedes from it once the Chakra is affected. Hence, the deity is invoked in the name of Her Holiness Shri Mataji by saying the Mantra for that particular

Chakra. For treatment, palm of opposite hand should be placed on affected Chakra and that hand should be stretched out towards the photo. Foot-soaking in Luke-warm water with salt added in it is extremely useful and brings about quick relief. In the worst cases, lime-chili treatment becomes necessary, depending upon the judgment of Sahaja Yogi, who is helping the patient. It is however suggested that once cause of the disease is attributed to a "Badha" one should straight away recommend lime-chili treatment and the patient should also take to self-treatment as suggested earlier.

It is well known that human being is made of five Elements viz. Earth, Fire, Water, Air and Ether. Besides, two more elements govern psychosomatic system which are mind and intellect. Relation of the Chakra and Element and some of the diseases is given below:-

CHAKRA	DEITY	ELEMENT
Muladhar Chakra	Sh. Ganesha	- Earth
Muladhar	Sh. Gauri & Sh. Kundalini	- Earth
Swadisthan	Sh. Saraswati Sh. Brahamadeva	-Earth on left -Fire on right
Manipur	Sh. Vishnu Sh. Lakshmi	- Water
Left Heart	Sh. Shiva- Parvati	- Air
Centre Heart	Sh. Jagadamba	
Right Heart	Sh. Ram & Sita	
Visshuddhi	Sh. Krishna & Radha	-Ether
Agnya	Sh. Jesus & Mary	- Fire
Sahasrar	HER HOLINESS MATAJI-	All five elements -Mind and ellect

Atma is on top as Sadashiva.

MEMORIES

OF OUR DIVINE MOTHER

AN ORAL HISTORY OF SAHAJA YOGA

If you keep it within yourself,
Any time you open that area of your memory
All the beauty will start falling on you.

You know the shlokas which say
(Paramchaitanya) is settled within us like Knowledge.
She's settled within us as Memory.

SHRI MATAJI NIRMALA DEVI

And I saw Her coming out of the car and walking one or two steps. And after that I got lost. I don't remember anything. And then I saw Her on the stage. It was like moonlight, watching Her.

Nirmal Gupta

To be living in this time and to have experienced all this is very difficult to imagine sometimes. I wonder why I was chosen and why I was so lucky enough to have been there in Her presence. It's all these little experiences, which stay with you for the rest of your life. You can't ignore them.

Sharon Vincent

It dawned on me that what She had been telling about the future of Sahaja Yoga has come to be, that there will be so many of us, that we will not even be able to catch a glimpse of Her.

Michael Petrunia

It is completely overwhelming that God loves us so much.

Helen Manassey

Introduction

There are many, many stories and memories of our Divine Mother, which have not yet been recorded on video, audio or set to paper – but yet have been experienced and treasured by thousands of Her children.

From this ocean of memories – until now only held in trust by each of us, as our individual experience – some few sweet stories have now been collected in this volume.

This book is our history – incomplete fragmentary and as vulnerable as memories are. This is our living history – a history of that culture that we call Sahaja Yoga. It chronicles the growth of our limited awareness of our Mother, Her Holiness Shri Mataji Nirmala Devi. It records our discovery of ourselves. And it celebrates our relationship with each of our brothers and sisters, whose every experience is also our own.

Thank you, Shri Mataji, for allowing us to collect these beautiful remembrances of your care and love, of the laughter and gentle correction, of actually being with You and experiencing first hand Your Incarnation. **From the simple way You lift a teacup, we can learn so much.**

Thank you for the warmth and simplicity and all the many ways in which you shower Your Love. And thank you for the great play of Shri Mahamaya that makes seekers love and trust You, often without yet understanding the Truth that You are.

The heart of this book is to remind us of the magic of Sahaja Yoga. The spirit of this book is to help future brothers and sisters to know a small part of the beauty and glory of Shri Mataji as a loving, caring Mother whose wonderful power of divine love dispels all our uncertainties.

Sift now through the words that we found when we tried to remember. What follows is our collective memories, our story together.....

IT BEGAN IN INDIA

You are fortunate you saw me

Shri Mataji used to stay at Jeevan Jyot (in 1970) and was known as Nirmala Srivastava. I asked some girls where did Nirmala Srivastava stay ? When I went up, I saw Shri Mataji. She opened the door and said, "Are you looking for Me?" She held me by hand and took me inside very politely and asked to sit on the cot. "Where are you coming from?". I am coming from Dhulia and I have heard your name and came looking for you." "I am about to start this work and right now I am waiting for the delivery of my daughter, Kalpana. Once I am through with that, I will call you. Please leave your name and address before you leave and within a month I shall call you."

We all went from Bombay to Bordi in train with Shri Mataji. We were all together. Mother would talk to all of us. We would follow Her wherever She went. I would never leave Mother, as I wanted to see what Mother did. I would follow Her and do as She directed, without any question.

We all were in some school for the stay at night and after dinner we all moved up in our rooms. "Look at Raolbai from Dhulia. She always has Her attention on what I am doing and not like others who are busy wasting their attention on trifle matter." She used to call me Rajkunwar.

After dinner She would start giving Realisation to people. She asked me to keep my hands under Her Lotus Feet. (Mr.) Modi used to understand everything. I personally never understood anything, as for me what She said was it. If She said I was

realised now, for me I was that.

She worked on my back like this (raising of the Kundalini). Then Mother looked very lovingly and sang a beautiful song, "Par Brahma Parmeshwar". She sang so beautifully. That face was so joyous, so loving, happy. And like this, She gave realisation to four or five people till midnight. Next day She used to sit alone and call each one individually to give Self Realisation.

While returning back in the train, She asked us whether we had thoughts or not? I would say politely that I don't know what's happening. Then Mother asked us to put our hands in front of Her and whether we felt cool vibrations. Again I would reply innocently that I do not feel anything. "Raolbai, you are from Dhulia and I want you to come to my house tomorrow. All of you who felt vibration must meditate every morning and evening, so as to go deep and feel the vibrations."

I used to stay with my daughter in a one room apartment and at around 4 am I was awakened naturally and I was shocked to see Mataji in front of me in same position as when She gave Self Realisation in Bordi.

When next day I met Shri Mataji, She asked me, "Do you get thoughts by putting attention on Me?"

I said, "No." Mataji told me that I have attained my thoughtless state. "What did you see in the morning?"

"Mother, I saw you in meditating pose."

"For all people whom I gave Self Realisation yesterday, I was meditating in the

morning for them. As you all are new and do not understand, you are fortunate that you saw Me.

RAOLBAI

She was very happy to be hearing my name

I got my Realization on the fourteenth of April 1972 in a place called – it was big apartment called Jeevan Jyot. It was owned by Shipping Corporation of India and since Sir CP was the chairman of the shipping corporation, Shri Mataji used to receive people in Her house every day in '72, before going to America.

I would relate the first experience of meditation. I was told to sit quiet for some time and with closing my eyes. I might have closed for fifteen minutes, but I thought maybe I had closed for about two hours. Anyway, so then they said I got my Realization and then we were supposed to go to Shri Mataji. And she was in a white sari, just sitting with Her legs in front. "You can either go and put your head under Her feet – which were resting horizontally to the ground with a support under Her Feet – or you can go towards Her hand. "When my turn came, I was near Her hand and She put some Amla Oil – oil in India, you get – on my head. And She asked me how do I feel? I said, "Very fine." She asked me my name and She was very happy to be hearing my name. Anyway, so this was it.

Audhut Pai

His search for God led us

I got my first Realization on 12th August 1973. The credit for this Realization goes to my eldest brother, Maruti, who had a yearning for getting Realization for a number of

years. His search for God led us to meet Mataji.

On a fine day of 12th August, we read an article written by one Marathi newspaper editor about Shri Mataji and Sahaja Yoga and that led us to approach him in his office. We went to see him and he explained how things had happened to him. He told us to visit Bharatiya Vidya Bhawan on that same day. We left his place and went to Bharatiya Vidya Bhawan about three o'clock and, to our surprise, nobody was there to tell us what Sahaja Yoga is. We came out of the hall and telephoned back to his office, asking, where do we find Mataji?" He said, "Oh, this is not the time. You must come after six or Seven in the evening.

On the very same day in the evening we again went to Bharatiya Vidya Bhavan, where Mataji was giving Realisation to a very few people, ten or fifteen people. We both of us sat there and, this being a very early stage of Sahaja, Mataji was Herself working hard to give Realisation and raising our Kundalini. To my great surprise, when She touched my fontanelle, on my head, there was a flash and I saw – so called – at that time I was not knowing it was the Agnaya chakra – a Christ crucified. It was for five or six seconds, just a flash. I myself wondered why – I myself being a Hindu and a great hater of Christianity – should get a vision of a crucified Christ. But I didn't speak anything at that time. I started enjoying it, I just closed my eyes and Mother said, "You got Realisation at the very first sitting."

Niranjan Mavinkurve

Slowly it settled

Shri Mataji opened the Sahasrara at Nargol in 1970. I am not one of the initial

eleven disciples, out of which hardly one or two are living now. I was one of the second batch, so to say in 1973.

In those days we had programmes every day. We used to meet every day at Bharatiya Vidya Bhavan in the evening and then slowly it spread.

And then we used to have in Pune, one Mr. Rajwade, at his place Mataji gave Realisation to many people. Mr. Rajwade was a staunch Brahmin and was against all these things and refused to come. He allowed a discourse at his residence. He was sitting down in his room. And after half an hour or so he came trembling in front of Mother and said, "I never realised you are the Devi." And then he got his realisation in 1973.

And later on he was a strong supporter and he spread Sahaja Yoga in Pune. Pune, being full of Brahmins, intellectual people, they opposed this tooth and nail initially. But slowly it settled.

Niranjan Mavinkurve

You can't take the vibrations :

Early days in India and after a puja, Mother used to call a few of us to suck the vibrations, rub Her Feet very hard and take the vibrations, as She lay down. And She used to say, "It's too much. I really can't bear it because you can't take them." And after the puja, it is tremendous for her.

Shailaja Glover

She taught us how to do so many things.

There used to be a special training programme and during the Navaratri days we used to reach on the terrace of Mother's building. Mother would come there and give us lecture and further training. We used to leave there at four o'clock in the morning, till 0630 in the morning. Around twenty four, twenty five people would be gathering at seven and we would come down to Her flat on the first floor, take some breakfast, tea and disperse. At that time nobody was allowed to tape record any of Her discourses. She Said, "No, you must grasp it orally, no use of tape recorder."

Shri Mataji used to let us give Realisation in those days. We used to put our leg at the Mooladhara and start giving Realisation, so that the Kundalini would rise, ascending. And we used to give Realisation to so many people. I had not given Realisation to more than fifteen or twenty people because at that time the methods were not so much developed. Mataji Herself was doing great research. And now that it is at the stroke of a second and we can say it is at internet speed that Sahaja Yoga is spreading. But initially it took a long time to get Realisation. She had to Herself go out and give Realisation. She taught us how to do so many things, like balancing of the both sides and raising the Kundalini.

Putting a bandhan came a little later. At that time, there was no bandhan. At that time a lot of Badhas were coming away. Then she realised that it would be a good idea to put a bandhan. So it was sort of an evolutionary development and now it is a full-fledged system and people don't have to do much. Just sitting before the photograph also, one could get Realisation.

Initially we did not raise the Kundalini like now and that too came later. She stressed that too much stress should not be given to the bandhan. It so happened that every person used to do a bandhan without realizing its implication or its importance. People started criticizing and so She said don't do it in open places, only when you are in a hall or something, do it. People used to go in the trains and do this and other used to think, "These are mad people, doing this. Maybe they are doing some sort of a magic type of thing."

Foot soaking and other treatment came later. Actually we used to go to the sea with Mataji, foot soaking in the sea. And that is how Ganapatipule came in because you know there is the sea and it is very clean sea. Before that we used to go to Bordi. We went many times to Bordi. Nargol is very near from there. When we were at Bordi, the sea was there. But of course, not everybody lives near the sea, so the alternative was footbath soaking.

And then there was the shoe-beating, which She showed us. In Bombay people don't do it much now. What happened was that whenever Mother says something, people do too much of it. So Mother later said to the Bombay people, "You must put more attention on dhyana, (meditation) and the shoe-beating is a more external method – so more attention on dhyana."

Niranjan Mavinkurve

This is Nirmal Vidya

She would explain how we have to remain in the collectivity and behave as Sahaja

Yogis. She always gave and is giving importance to meditation. She made all of us meditate and one by one put attention on all the chakras. This Mooladhara and then you go upwards and so on. "This is Nirmal Vidya and nobody has taught Me all this, nor have I read any book," She would say. "I have meditated on each chakra and discovered the secrets of each one, like Mooladhara, what it looks like, what are qualities and so on. Every night I would mediate for eight hours. I have worked hard for all of you and now you have to work hard and mediated in the morning. I would work eight hours on every chakra. I would request you people to work for one hour on every chakra for eight days and then move on. Like every morning, meditate for one hour on Mooladhara for eight days and then move on to Swadisthan and so on. Then you all will learn the secrets and Shakti of all the chakras."

RAOL BAI



The Divine Mother says

After realization you all had lots of knowledge about Kundalini and Sahaja Yoga but without Bhakti you cannot achieve the balance. You have to get lost in Bhakti. Bhakti enriches your feelings.

Try to feel the other Sahaja Yogis without criticizing them. I am enjoying your beings, the beauty and glory that you are. I wish you all could do that and feel like a drop in the ocean itself. Bhakti will dissolve your angularities and impediments in the collective oneness.

* * * * *

O my children, you are really born out of my Sahasrara. I conceived you in my heart and gave you the new birth through the Brahmastrand. The Ganges of my love has carried you into the realm of collective consciousness.

This love is too great for my human body. It nourishes you, soothes you and gives you security. Gradually it opens your awareness to bliss and joy. But this love also corrects you and prunes you. It guides you and directs you. It reveals itself in the form of true knowledge. It absorbs your shocks and settles you like a guiding leaf on the hard surface of truth. It strengthens you to fulfill your aspirations of reaching spiritual heights.

(Nirmala Yoga)



