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Award Presented To

Sir C. P. Srivastava

by President Of India

At last the much awaited historic moment came live on 1st October in the evening at 4:30 p.m. in the Rashtrapati Bhavan, (President House), New Delhi on Saturday, when the prestigious award in due recognition for his contribution in the field of maritime exploration and Excellence in Public Administration, Academics and Management was awarded to retired IAS officer, Sir. C.P. Srivastava, our beloved Papaji by the President of India, H.E. A.P.J. Abdul Kalam.



Sir C.P. Srivastava has been designated as a Lal Bahadur Shastri Fellow and his name inscribed on the honours roll of the Lal Bahadur Shastri Institute of Management, Delhi . The participants in the Rashtrapati Bhavan award ceremony included Prime Minister Dr.Manmohan Singh, United Progressive Alliance Chairperson Ms.Sonia Gandhi, Union Home Minister Mr.Shivraj Patil, and the former Union Minister and son of Lal Bahadur Shastri, Mr.Anil Shastri along with other important dignitaries.

Mr. Shastri, who is also the chairman of the institute, said: "The award honours people from whom the younger generation can draw inspiration."

Sir C.P. Srivastava is the founding Chancellor Emeritus of the World Maritime University , Malmo , Sweden . He has also been the chairman of the governing board of the IMO International Maritime Law Institute, Malta , and chairman of the Government of India Committee on Maritime Education and Training.



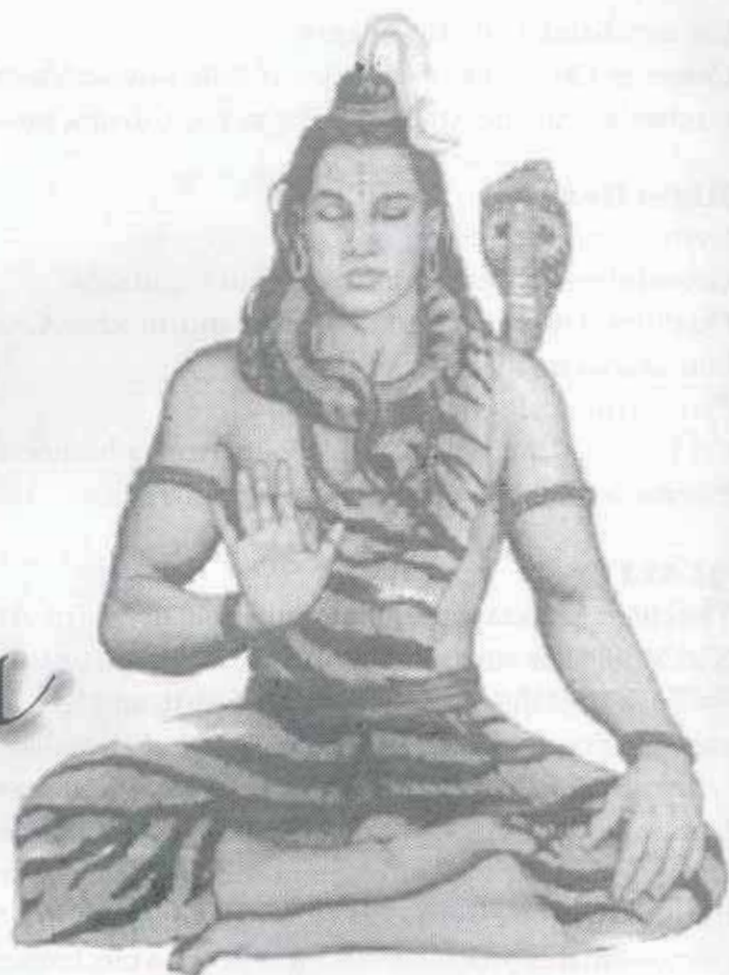
The Sahaja yogis present there at that gracious moment fondly recollect that the presence of Our Holy Mother gave the event a special quality and auspiciousness and that She was pleased. After, Sir C.P. was honoured with the prestigious award; he was subsequently invited to deliver a speech. The speech itself turned out to be historic in its own essence as our Papaji, Sir C.P. Srivastava addressed the gathering with a very powerful English diction in praise of the service he rendered under the principles and guidance of the erstwhile Prime Minister of India, the late Mr. Lal Bahadur Shastri.



Concluding his speech, the eyewitness recollected that Sir spoke with all candid gesture and confided that whatever position he held today at the age of 85, along with, all his achievements for which he is being honoured today, owe its all due credit to the values he has held through the love he received throughout his 58 years of married life and association with Shri Mataji and also the love that he received from his daughters Kalpana and Sadhna. He also mentioned that Shri Mataji as his wife "Nirmala", who had always been at his side as inspiration and that Her principles were all that Mr. Lal Bahadur Shastri once prophesised as values in life and serving the cause of the humanity. She had been in that path only, helping mankind to improve upon all social activities and make a better living. He also added that he is now totally devoted and dedicated to this cause which our beloved Mother, has taken up as the holy task of uplifting the humanity and transforming them to be persons with values. Later, he thanked the President and all the honourable members present there for the honour conferred upon him.



Heart Chakra



Center Heart

Deity : Shri Jagadamba

Gross (physical) level : Center of cardiac plexus, part of left plexus, sternum bone.

Manifestation (controls): Breathing, Heart, breasts

Qualities : Mother of the Universe, physical mother, sense of security, creation and nourishment of antibodies.

No. of Petals: Twelve (12)

Associated Day: Friday

Associated Color: Purple

Associated Planet: Venus

Associated Element: Air

Associated Gem: Ruby

Associated Symbol: Flame

Place on hand: Little fingers

Causes of Catch / Obstruction : Fear, Fanaticism, fantasy, spiritualism.

Left Heart

Deity : Shri Shiva, The Spirit - Atma, (Shri Parvati)

Gross (physical) level : Heart organ, and left cardiac plexus.

Manifestation: Heartbeat (Anahat - sound that is without percussion).

Qualities : Existence, life, joy, after Realisation Attention-Truth Joy (sat chit ananda).

Place on hand: Left little fingers

Causes of Catch / Obstruction : Extreme physical/mental activity, heartfelt bad relations (especially mother 's), outside Attention, Hatha Yoga, drugs, no seeking, no faith in God, anti-God activities.

Right Heart

Deity : Shri Rama (Shri Sita)

Gross (physical) level :Cardiac plexus (right side)

Qualities : Dutiful life as father, husband, brother, Gracious, auspicious

boundaries maintained (Maryadas)

Place on hand: Right little finger

Causes of Catch / Obstruction : Father or fatherhood problems, emotional aggression, arrogant or inconsiderate behavior, unlawful domination.

QUALITY

The Heart Chakra is the home of the Self, the Spirit, Atma all meaning the same thing. Time and again Shri Mataji has stressed that "You are nothing but an eternal Spirit". In this way she is telling us that we have to realise and become our Spirit, and leave behind the futility of the illusion we live in. We start the process of becoming our Spirit after realisation, as we start to lose our false identifications with our body, mind, and feelings. Only after this enlightenment can we take our Attention to our Heart and cleanse it. The Spirit can only manifest when our heart is open and clean, at which point we feel the eternal joy of the creation and the meaning and purpose of our place in it. We clean our heart through our pure Desire, and through our Attention. Saying Affirmations such as "I am the Spirit" are effective in this process, but it must not be a mechanical action.

Love

Pure love, which enlightens us all, is the real quality of the Heart Chakra. In the unrealised state we rarely love for love's sake. Because of our conditionings we confuse feelings of love with those of possession, sex and selfishness. Pure love is detached, it gives without interest. Like the tree which gives shade to one and all, it is without prejudice and motive. True love is the quality that emanates from the Spirit and not from the body or mind. When we talk of loving someone, we should understand the direction in which this love is flowing. Bodily attraction is physical. There are even those who exercise seductive arts to ensnare a good "catch". We can see this in those who indulge in excessively trendy fashions. These people are especially at risk in their relationships because they relate not as two Spirits, but as two fashionable physical forms. This kind of physical attraction is not true love because it comes from the mind, and mind does not love - it merely wants. When the want of the mind is attained, then the novelty wears off. For instance a child is excited and attached to a new toy, but after a few days as the novelty wears away, the excitement dies. The same occurs with relationships which are based simply on physical attraction. The marriage is-a spiritual union. Without recognition of the Spirit marriage results in transitory relationships of the make and break kind. This casual state in turn adversely affects the heart center and causes insecurity. Hence, instead



of confidence between the husband and wife, an undercurrent of fear runs between them. Love is often mistakenly taken as restricted to male and female. In fact love is the flow of life in all relationships, between children/ parents, brothers/sisters, friends, old people, etc. Where many people share and care, then the whole society opens up its heart centre. It becomes a collective society and changes the world. This is the power of love. Love is the principle behind all creation, all vibrations. We say that God is love and love is God, because in its depths we cease to be. In true love there is no "I" and "You", there is simply the merging in the Spirit. In this state we experience true human unity, the true oneness of life. Hate and jealousy develop an anti-current which flows against the cosmic rhythm. Where there is love there is growth, celebration, joy and evolution.

Security

A lot of problems arise from fear. If we have self-confidence, we have strong defenses which protect against base desires and negative outside influences. If we live in fear, then our natural immune

system is weakened and we become vulnerable to allergies and disease. Our personality grows and shines when our heart is strong, and we approach life with a will to win like a warrior. When we weaken, we become trapped in the cage of fear, afraid to venture out and experience the joy and wonders of the kaleidoscope of life. We attract to ourselves what we give out. If we have a constricted heart, then we are likely to attract corresponding people and to perpetuate the problem. Hence it is important to be strong and grounded so that we can nourish our relationships. Where a mother's love has been denied in childhood, it is possible that a fulfilling relationship can bridge the gap. A strong heart center is the basis for a healthy personality. Nourished with love, we emanate warmth and happiness. Love is nature's way. Through love, the seed attracts nourishment from the soil and comes to life. It is the love which becomes compassion which makes us reach out without thinking to help mankind. It is a spontaneous act, not an intellectual decision.



Relationships

Our relationships with our parents have their place in the Heart Chakra. Our physical mother has her place on the left heart, and our father has his place on the right heart. Once we realize that our parents have this place within us, we don't try to run away from any problems in any way, we face up to our responsibilities towards them. At all times we should treat them with the love and respect which is their due. Parents should likewise raise their children in a pure life, which will encourage their spiritual development. They should love them without attachment and fear, knowing that they are the trustees of their children. If parents do not practice what they preach, they cannot set a proper example to their offspring. Parents should be respectable, in order to be respected themselves. How we get on with our spouse is also a matter of the heart. Where one partner dominates the other, or is possessive, then the love is stifled and the relationship is disturbed. As the relationship flourishes and gains in understanding, both husband and wife realize their equal status, their position as two wheels on the same chariot. In situations where the female is unable to make her full contribution to the household (for instance where the man thinks he is superior because of this physical advantage and wage earning capability) she can develop a suppressed anger, which in itself can be directed towards the children or develop into neuroses. The family unit is important to society, and the foundations of this unit are respect, love and duty between the members - parents and children. If the family ideal collapses then the society will soon follow. Money cannot buy emotional security, and a society which respects old age as a kind of childhood where love and care are of paramount importance will have a much more stable existence.

TRADITION

The seat of the Heart Chakra is located in the Brahmarastra at the crown of the head (in the Sahasrara). This is where Shri Gauri (the Kundalini) in her form of Shri Parvati is united with Shri Shiva. Shri Shiva presides as the witness in the left Heart Chakra, controlling our very existence.

GROSS PHYSICAL ASPECT

The heart is the pump of the body, hence any mental and physical excess strains this center and can lead in advanced stages to a heart attack. Using the body as an instrument of athletic display fatigues the heart center. In a similar way modern Hatha Yoga is a form of athleticism which has no correlation to the Spirit, and this too can harm the center. The sages of old time developed certain exercises for correcting the spinal problems caused by wrong living, thus aligning the body to its natural form in preparation for the search for knowledge of the Spirit. This led to the development of Hatha Yoga schools, and hence to the modern form of 'Yoga'. Unfortunately today Hatha Yoga is mistaken for spirituality. People spend hours doing all kinds of asanas (positions). By standing on our heads (or wearing white/saffron robes or being vegetarian or whatever) we are not going to know God. The word Yoga means Union in Sanskrit, and the union is that of our Kundalini with the all pervading Divine energy. God is realised when the Kundalini evolves through right living, deed, thought and action.

If we treat our body like a gadget we become like a gadget. Excessive right side activity in such pursuits as Hatha Yoga can dry out a person, and make his personality cold and without love.



Suffering is often misidentified with purification. We are led to believe that if something hurts it must be good for us ('no pain, no gain'), while anything that is nice is evil. This numbs the left heart, which is the seat of the Spirit. Both self denial and self torture are against the dignity of the Spirit.

CLEARING THE HEART

Clearing the Center Chakra:

Using the Elements: The use of a candle around the heart area can be very effective.

Exercise deep and relaxed slow breathing in and out for a while. Take a deep breath and hold it in for a while, then release. Don't strain. Repeat a few times.

Affirmations: Mother, please make me a fearless person.

General Advice: Breathe in, hold the breath. Say to yourself 'Jagadamba' twelve times, then release the breath. Give vibration to the front and back of the heart. Recite the 23rd Psalm from the Bible. Read the Devi Mahatmyam. Use the candle treatment if the left Swadisthan Chakra is also catching.

Clearing the Left Heart Chakra:

Using the Elements: Candle treatment around the heart area.

Affirmations: Mother, I am the Spirit Mother, I am the Spirit, only the Spirit, I am not the ego, not this body, not this emotion - I am only the pure Spirit.

General Advice: Give vibrations to the left Heart Chakra Keep your Attention on the Atma residing in the Heart. Where the heart catches due to overactivity of the right side, raise the left side 108 times, and also use the vibrations by putting the left hand towards the photograph with the right hand pointing upwards to the sky (or ceiling). The ether will dissolve the heat.

Clearing the Right Heart Chakra:

Using the Elements: Candle treatment around the heart area.

General Advice: Give vibrations to the Right Heart Chakra. Develop the boundaries of good conduct in family life and in society (Maryadas). Don't take on too much responsibility, also don't be too under-responsible. Develop the qualities and protectiveness of a father and husband. Correct any wrong situations arising from your relationship as a father, husband, son or brother. Where the right heart catch is of an overemotional nature, raise the right side (and lower the left) 108 times, and use the vibrations to clear out by putting the left hand towards the photograph and the right hand on the mother earth. This will release the left side problem which is causing the right heart to catch.



SOUNDARYA LAHARI

Shri Aadishankaracharya has authored a number of descriptive texts which extol the various aspects of divinity. Shri Mataji explained how he was especially inspired to write the Soundarya Lahiri, which describe the glories of *Mother*.

In his descriptive writings and debates with scholars, Aadishankaracharya had described Divinity like no one had before. His composition, The Vivekachudamani, created a wave amongst various schools



of Vedic thought which ultimately lead to long winding debates. Although his writings were beyond criticism, Aadishankaracharya must have felt the inappropriate nature of reaction to Divine knowledge by the so-called Brahmins and Pundits of his times. He was constantly attacked for his observations, which could have been felt only through self-realization, which wasn't easily achievable in those times.

This led to the inspiration to create something that would be so enlightening, so divine that there would be no scope for debates, fights and attacks. He discovered that this was possible only when he started describing the aspects of The Goddess. Thus he started describing the endless bounty of the Aadishakti, which is best accessible through Her Divine Breeze literally, the Soundarya Lahiri.

Saundarya-Lahari, verse 9

Thou art diverting Thyself, in secrecy with Thy Lord, in the thousand-petaled lotus [Sahasrara], having pierced through the Earth situated in the Mooladhara, the Water in the Manipura, the Fire abiding in the Swadisthana, the air in the heart [Anahat], the Ether above [Vishuddhi], and Manas between the eyebrows [Agya] and thus broken through the entire Kula path [Sushumna nadi]

Prabodhasudhakara, verse 164

He who is immersed in the ocean of Supreme Bliss is full within and without, like a pot immersed for a long time in a large deep cavity of the river Ganga.

Vivekachudamani, verses 69-70

The first step to liberation is the complete detachment from all perishable things, then follow calmness, self-control, forbearance, and the utter relinquishment of all work enjoined [rituals?] in the scriptures.

Then comes hearing [from the Guru], reflection on that, and long, constant and unbroken meditation on the Truth for the muni [man of reflection]. After that the learned seeker attains the supreme nirvikalpa state and realizes the bliss of nirvana even in this life.

SHLOKA IN SANSKRIT¹

तनीयांसं पांसुं तव चरणपङ्केरुहभवं
विरिञ्चिस्सच्चिन्वन् विरचयति लोकानविकलम् ।
बहृत्येनं शौरिः कथमपि सहस्रेण शिरसां
हरस्संक्षुद्येनं भजति भसितोद्दूलनविधिम् ॥ २ ॥

Taneyam sampamsum tava charana-pankeruha-bhavam
Virinchi samchinvan virachayati lokan avikalam;
Vahatyenam Shaurih katham api sahasrena shirasam
Harah samksudy'ainam bhajati bhasito'ddoolana-vidhim.

TRANSLATION:

O Divine Mother! The creator, Shri Brahma created the whole universe (limitless and with out any imperfection) by gathering the minute particles of dust from your lotus feet. The sustainer, Shri Vishnu as Adishesa (the deity of serpents) supports this universe (made out of that dust) with His thousand hoods. And Hara (The Lord Shiva), the destroyer, crushing it into powder, applies these ashes all over His body (at the time of dissolution).

2. SELF REALIZATION IS THE DIVINE GIFT TO ALL

SHLOKA IN SANSKRIT:

अविद्यानामन्त-स्तिमिर-मिहिरद्वीपनगरी
जडानां चैतन्य-स्तबक-मकरन्द-स्रुतिझरी ।
दरिद्राणां चिन्तामणिगुणनिका जन्मजलधौ
निमग्नानां दंष्ट्रा मुररिपु-वराहस्य भवती ॥ ३ ॥

Avidyanam antah-timira-mihira-dveepa-nagari
Jadanam chaitanya-stabaka-makaranda-sruti jhari
Daridranam chinta-mani-gunanika janma-jaladhau
Nimagnanam damstra mura-ripu-varahasya bhavati.

TRANSLATION:

O Divine Mother! One who gets the Gift of Self Realization, gets rid of all the illusion (Avidya means 'Not the vidya' the darkness or illusion-the ignorance within us). This Divine gift is a great Island City, where from takes place the luminous sunrise of spiritual illumination driving away the over-casting darkness of ignorance in the hearts of devotees. It forms the cluster of flower buds, from which gushes forth the nectar of intelligence, enlivening the dull-witted. It is a veritable necklace of wish-yielding gems for those who are suffering from poverty. And for those immersed in the ocean of Samsara (Worldly), it becomes their up-lifter like the Tusk of Vishnu (which raised the earth from submergence in Pralaya (destruction) waters when He incarnated as the Cosmic Boar).

3. THIS VERSE EXPRESSES THE SUPREMACY OF THE DEVI OVER ALL OTHER DEITIES:

SHLOK IN SANSKRIT

त्रयाणां देवानां त्रिगुणजनितानान्तव शिवे
भवेत् पूजा पूजा तव चरणयोर्या विरचिता ।
तथा हि त्वत्पादाद्वहनमणिपीठस्य निकटे
स्थिता ह्येते शश्वन मुकुलितकरोत्तंसमकुटाः ॥ २५ ॥

Trayanam devanam tri-guna-janitanam tava Sive
Bhavet puja puja tava charanayor ya virachita;
Tatha hi tvat-pado'dvahana-mani-pithasya nikate
Sthita hy'ete sasvan mukulita-karottamsa-makutah.

TRANSLATION

O Divine Mother! Three Deities, Shri Brahma, Vishnu & Shiva, who have their origin in thy three Gunas (Satwa, Raja & Tama) are worshipping at thy lotus feet all the time. They (three Deities) are there near to the manipeeta (the foot stool of diamonds - where the lotus feet rests) with the joined palms held above their diamond heads in salutation to the Divine Mother.



4. DESCRIBES THE SURRENDER OF A YOGI

SHLOK IN SANSKRIT

जपो जल्पः शिल्पं सकलमपि मुद्राविरचना
गतिः प्रादक्षिण्यक्रमणमशनाद्याहुतिविधिः ।
प्रणामस्सर्वेशस्सुखमखिलमात्मार्पणदृशा
सपर्यापार्यायस्तव भवतु यन्मे विलसितम् ॥ २७ ॥

Japo jalpah silpam sakalam api mudra-viracana
Gatih pradaksinya-kramanam asanady'ahuti-vidhiih;
Pranamah samvesah sukham akilam atmarpana-drsa
Saparya-paryayas tava bhavatu yan me vilasitam.

TRANSLATION

May everything that I do with the sense of self-dedication be offerings in Thy service --- my prattle, the utterance of Thy Mantra; the movements of my hand, the gestures and poses of Thy worship; my walking, Thy circumambulation; my eating, fire-sacrifice to Thee; the stretching of the body in sleep and rest, prostration to Thee; and all my enjoyments, offerings made to Thee.



The Magnetic Field of Everlasting Love

We have often heard Shri Mataji saying that the presence of Sahaja Yogis exude an indefinable power. This power-magnetism, like the power of gravity, is a tangible force. A magnetic field is created every time a current is passed through an electric wire. The human nervous system also transmits scientifically measurable electrical impulses; in doing so it sets up its own magnetic field. As the energy-flow in the nervous system increases, it can be realized more clearly on its subtle level. This can be easily achieved when one's Kundalini clearly passes through every energy centre. The greater one achieves this power, the better he can control his life and the physical world around him. This helps him to control his spiritual destiny.

Whatever one strongly desires, he attracts that to himself. When one sends out a strong desire, a ray of energy goes out from him towards the object of that desire, creating its own magnetic field, strong or weak according to the relative strength of his desire. But Shri Mataji has said that a strong desire means a pure desire.



A bar of metal becomes magnetized when it is placed next to an already-magnetized piece of iron. Similarly, to acquire strong magnetism it is important to mix with people who already have the kind of magnetism that one wants to develop. That's why it is very important to be in good collectivity. Every kind of human activity manifests a magnetism of its own. For success in that activity, one has to develop the appropriate type of magnetism.

Everything originates in the Infinite Spirit. Magnetism of every kind is born of the magnetic power of God's love. Divine love is the most powerful force in the universe. By the magnetic power of divine love, all things can be accomplished even that most seemingly impossible of all tasks, our salvation from delusion.

What man, by his power, cannot accomplish, divine love accomplishes easily. And its task, once accomplished, is accomplished forever. By meditation one can tune himself to that subtlest ray.

When one surrenders himself at the lotus feet of The Divine Mother, She makes him a channel of Her love, taking him to higher and higher levels of divine awareness until his love attains perfection in Her. We must remember that Her love always flows to us. The choice is left to us if by our love, we want to complete the circuit, thereby generating the magnetism that can draw to us the very consciousness of Infinity.

Mata Khir Bhawani

The Geography and the mythology

The Holy state of Kashmir reminds us of Hazrat bal Shrine (the treasured holy hair of Shri Mohammed Sahab) or the water element swayambhu of Shiva at Amarnath caves or Shri Jesus who once resided in this Holy land (Ros Bal) besides, temples of, Jwalaji, Sharika and Adishakracharya. However, Shri Mata Khir Bhawani is another rare shrine which is believed to be the temple of Shri Adi Shakti or the Kundalini Herself.

The natural backdrop of this Divine land of Sahasrara is gifted with a number of spring outlets called as the 'Nags' in Kashmiri language. One of these 'nags' is located near Ganderbal in the Tulamulla' or Tulla mulya or Tullamlanka village about 23 km. northeast of Srinagar City. The entire area around the village is marshy. The part of the land is covered with lush green scenario with wild fragrant flowering plants surrounded by shady Chinar, Willows, Mulberry and Elm trees. Mata Khir Bhawani temple is located at latitude 34 Deg 13 min. North and longitude 74 Deg. 48 min. East

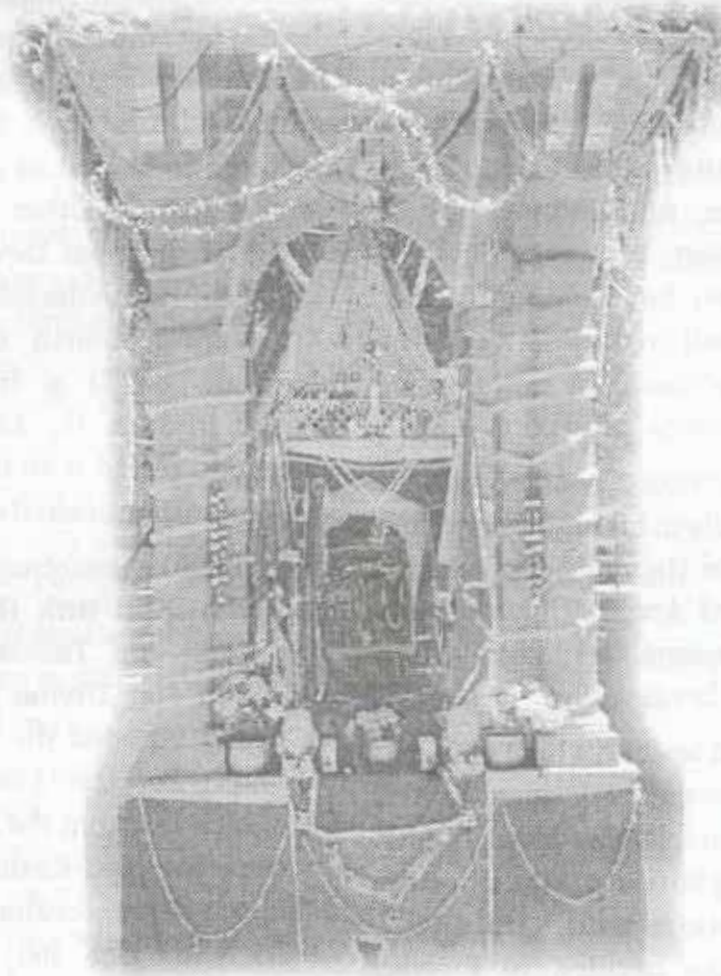
The Accessibility

One can travel right up to the pilgrim center from Srinagar city by motorable road or by boat through Vitasta up to 'Shadipur' and from there the boat is towed up to the temple through the canal. At times the pilgrims prefers to undertake yet difficult path by trekking from the city itself by approaching through 'Vichar nag' (It is like crossing through the sixth Chakra 'Agnya').., it is believed as one cross this 'nag' he is able to discriminate between the good and the evil

(thoughts). Also, one has to cross through a place called Tyangalbal (burning Charcoal Hillock), that signifies, crossing this place burns all the materialistic desire in ones spiritual ascent. Finally, on entrance one has to cross the 'Amarher' (Immortal stairs) that signifies the stairs to the kingdom of God .

The Legend

It is believed that during the Treta Yuga (times of Shri Rama), a herd of boars, chased by hunters, entered the ashram of Ravana accidentally. Ravana, who was in deep meditation then was



disturbed by the terrible noisy herd of the boars. He turned furious and in his fit of anger thought of killing both the boars and the hunters. At this moment Lord Shiva appeared and advised Ravana instead to meditate on Mother Goddess without getting distracted. As a result Ravana undergoes rigorous penance and is blessed with divine vision by the Devi and Devi compassionately desires to fulfill wishes of Ravana by granting boon. It is said, Ravana, cleverly prayed the Devi for the boon of Her abode in his kingdom itself (in the then Lanka) as Her permanent establishment, in order to be under the power of Her eternal protection.

Pleased with Ravana's devotion, Mother fulfilled his wishes to stay eternally in his kingdom. Thus Her abode was placed in the northeast coast of Lanka, in the spring called 'Ananta' (infested with snakes) as Goddess 'Shyama'. Initially, Ravana worshipped Her with all his devotion.

Subsequently, he started leading a luxurious life and also initiated 'Tamasic' offerings to the Goddess. With such demonic acts coupled with unholy act of kidnapping Shri Sita Mata, Goddess Shyama turned very furious with Ravana. She cursed Ravana and also decided to forsake Lanka.

Later, when Shri Ram invaded Lanka to rescue Shri Sita Mata from the clutches of Ravana, it is said Shri Ram also visited the place and worshipped Goddess Shyama in Lanka. Pleased with Shri Ram, Goddess Shyama expressed Her desire that Her abode be shifted out of that place to the Himalayas. Shri Ram at once requested Shri Hanuman to carry out the desired Divine task of the Mother. Thus, Shri Hanuman carried Mother Goddess along with 360 snakes on his shoulder to the Himalayas under Her instruction to ' Sati Desh' or 'Satisar' in Kashmir, India.

It is believed that when Mother Shyama entered Kashmir, She decided Her first halt in the Manzgam village (still considered to be a holy place) over the Pir Panjal range. The place being hilly did not suit Her abode as the accompanying 360 snakes with Her were also to be accommodated. So, Her Divine journey continued in search of Her final abode. Later, from Mazgam, Mother proceeded to a place called Kulgam near Devsar. Though, the place was beautiful with the sylvan surrounding yet the scarcity and dearth of water rendered it unsuitable. So, it is from here that Mother traveled through the eastern side of Martand village and rested with the Divine transit halt at Lakutpora village near the hills of Aishmuqam.

The places like Anantnag, Raithan , Vatikapora , Bandipora, Koti tirth (Baramulla) , Badarkali, Chandigam and Tucker(Handwara) bears the imprint of Her Divine tour . Mother Shyama practically vibrated the whole valley with Her Holy Lotus Feet. Her Divine tour came to rest as She descended from the Sharda Temple (now in Pakistan-Occupied-Kashmir) to a place near Shadipore at the confluence of rivers Sind and Vitasta with Her 360 accompanying snakes. Finally, Her abode was settled with Her accompanying snakes around the village Tullamula guarded by Goddess Sharda, Sharika and Jwala from three directions.

Goddess Shyama here at this place of Kashmir, manifest Her form as "Maha Ragnya", popularly known later as **Mata Khir Bhawani** from **Shyama** (**Khir** is the preparation of Sweet from Rice and milk condensed with cooking in fire to offer to Devi -Rice is the element of Laxmi tattwa) in Sattwic form.-The Goddess of knowledge , prosperity and peace. The source of great inspiration and dispeller of sorrows.

It is believed in Kashmir that, She is Trigunatmika - She is Para, Parapara and Aparapara. She is believed to control the powers of Shri Brahma, Shri Vishnu, Shri Shiva and Shri Indra. She creates with Her own will, preserves and destroys. She is the Roop Shakti for the pure minded devotees. She is the supreme power of the Universe.

Popular belief in Kashmir

As the Legend goes, there was a pious and learned Kashmiri Brahmin, Krishna Pandit, a great devotee of Devi. Mother appears in his dream and directs him to physically establish Her abode towards the northeast direction in Tullamula village within the swampy area of the spring. Mother in his dreams instructs the Pandit to follow a snake on his way that would guide him to the exact location of Her Divine abode.

Accordingly, it is said that the Pandit takes a boat from Shadipore and from certain point, a snake appears in the water and he is guided to the exact location where the snake stands erect and later disappears in water. Krishna Pandit demarcates the boundaries of the exact location (As per Devi's desire) with a stick being helped by the neighboring devotees. This was how the abode of Mata Khir Bhawani was discovered.

The place is believed to be surrounded by 360 "Nags"(Springs). Each of them had deities in form of snake. Most of them have either silted now or the people have forgotten them or may be unaware of the location or may be are covered with thick plantation of Swampy environment. The 'nagas' that still exists are the places of worship as on date.

It is a popular belief that when Krishna Pandit along with other devotees were performing the Puja at this 'nags' for the first time, a piece of 'Bhoj Patra' (the bark of holy tree used for writing

messages in the ancient times) appeared floating in the 'nag'. As he recovers the 'Bhoj Patra' he discovers verses in praise of the Mata Khir Bhawani in Sanskrit script on the 'Patra'. The translation of the text reads as:

"(I prostrate to the Supreme Goddess Maha Ragnya, who is lustrous, having twelve Suns around and seated on a lion throne, encircled by the serpents who are not visible to the mortal eyes but is realized by the Spiritualist (Realized Souls))".

There after a temple - the Holy abode of Mata Khir Bhawani was constructed and worshipped in that 'Nag'. The main mysterious nag is quite large and has been known as 'Nag bal'. The centre of the 'nag' where the temple has been constructed is called as the 'Bindu'. The 'nag' has irregular seven sides with apices called as 'Pada' (Feet) towards East the Southern and the Northern sides are longer than the Western side which has been called as 'Sher' (Head).

The present foundation of the Marble temple was re-constructed on the ancient foundation that was destroyed in the 14th -15th Century. Maharana Pratap Singh constructed the present temple in the 19th century. As per the record in the living memory, while, cleansing the nag, two ancient Idols (Murties) was discovered which are now placed in the temple. One of them is of Mata Khir Bhawani and the other is that of Shri Bhuteshwar Shiva.

Based on the contemporary paintings, literary descriptions and iconographical elements Goddess Mata Khir Bhawani is depicted and shown seated on *full-blossomed thousand petalled Lotus* on a hexagonal altar, with four arms bearing vessel, sword, Lotus and Amrut (Divine Nectar) container and surrounded by snakes. Her head is bedecked with jeweled crown. She is also embellished with ornaments and a nag (snake)

adorns Her neck. Her pair of Lotus eyes reflects the signs of purity.

It is believed that the colour of the 'Nag' changes, indicating harbinger of good or bad events to follow. When the colour of the water in the spring changes to Pink, Milky white, Light Green or Rosy Red is believed to suggest good omen while, the shadows of Gray to Black is taken as inauspicious.

(Shri Mataji revealed once in an informal discussion that the colour of the spring had transformed to "milky white" on Her Holy presence at that place. Later, villagers from neighborhood were excited and announced aloud that Devi had come).

It is believed that manifestation of the Goddess had been evidenced in a number of occasions, in form of bubbling in water shaping up through various irregular mystic symbols of Mata Khir Bhawani. These formations have been depicted as "Yantra" or the "Chakras". The 'Yantra' is believed to be the revelations of Mata Khir Bhawani. It has been interpreted and described by several spiritual people. The one that is popularly believed in that locality is as follows:

The Yantra constitutes seven parts enclosed one within the other embodying the Mother Goddess with Her Shaktis for worship in the tantra Shastra.

1. **Bindu** : the centre representing the Shiv Shakti in one sheath.
2. **Trikona** : A triangle with its apex pointing down (The Bindu divides and transforms into three folds manifested sound of the Omkara...A. U. M.
3. **Shatkona** : two triangles placed across each other . One representing the Shiva and the other the Shakti.
4. **Vritam** : Circle representing correlation of individual with the Universe.

5. **Ashtadhalam** : Eight petalled lotus depicting five senses of action with mind , intellect and ego.

6. **Trivritam** : Three circles(Three Lokas representing the Bhu...Bhuvah and Swaha).

7. **Bhograham(Dewar)** : Three lines enclosing the complete Chakra/Yantra and its parts representing the foundation or the base for the worship.

THE PUJA, THE RITUALS, AND TRADITION

Traditionally, the Puja and collective prayers are offered on every Lunar Ashtami day (Eighth day of the Lunar calendar). The Puja are offered amidst Lights of lamps of earthenware. The samagri (material of the Puja offerings) are a mix of special herbs called Venah (*Memtha sylvestris*), roses, Lotus and other fragrant flowers with rice and Barley. Milk and Sugar Candies (Khand) are also offered. The Bhog is prepared in form of Suji Ki halwa(semolina), dry fruits and Khir(a special condensed paste by cooking/boiling) made out of the rice-milk -sugar with ghee, raisins, dates or coconuts pieces, which are additionally served. The Khir is served only in Terra cota plates (Tok). Blowing of Conch shells and ringing of bells are must during the Puja offerings.

The recitation of the Divine Hymns, chanting of the mantra mingled with melodious tunes of the Bhajans in praise of the Devi renders the whole milieu with fragrance of Divinity. In fact the vibrations spread afar. As a part of the puja protocol the devotees circumbulate (go around the temple premise) the temple 3 or 7 or 11 or 111 times. The most significant day is the Zeth Ashtami, which falls in May- June every year. It is believed on this day Mata Khir Bhawani manifests Her powers. It is celebrated as an annual festival

with offering of mass prayers and Pujas through day and night.

Sahaja Understanding (A Yogic Insight)

Kundalini is the residual energy of Shri Adi Shakti in the form of Serpent Goddess lying dormant within us in the base of the spinal chord in the Mooladhara. "Kundalini" derives its name from the word "Kundal" a term used to denote "coiling form" in Sanskrit language

"Now first of all, you get your Realization, all right. Now you must know that Kundalini itself is the Mahakali Shakti because She's the primordial Mahakali Shakti is the primordial shakti within us" (Mahakali Puja, France 12 Sept. 1990).

Next, the number 360 which says there were 360 snakes which otherwise if seen as degrees in Mathematic connotation it makes a circle or "coiling" and numerologically 360 makes (3+6=9). Therefore it may speak of a circle or coiled form and /or speak of nine Chakras that we know of in Sahaja.

"As you see within us there are seven Chakras for your ascent and two above it. So all these nine Chakras are to be crossed in this lifetime. That should be your destiny. (Navaratri Puja, 1988, Pune)."

Now, it is also observed that She is guarded by three Goddess viz., Goddess Sharda, Goddess Sharika and Goddess Jwala. Could this not be the three powers of Shri Adi Shakti...The Mahalaxmi, Maha Swaraswati and Mahakali?

Interestingly, She was called as Shyama in Lanka. Shyama is one of the other names of Shri Mahakali. So, if we see Kundalini Mata comes as Mahakali and then Shri Hanumana (the right aspect) carries Her from Lanka to Srinagar.. and settles as Mata Khir Bhawani ...Khir is supposed to be a Mahalaxmi principle as believed. So She

settles at Nag bal (Nag is the snake in Sanskrit) with Her 360 accompanying snakes being guarded by three powers from three directions.

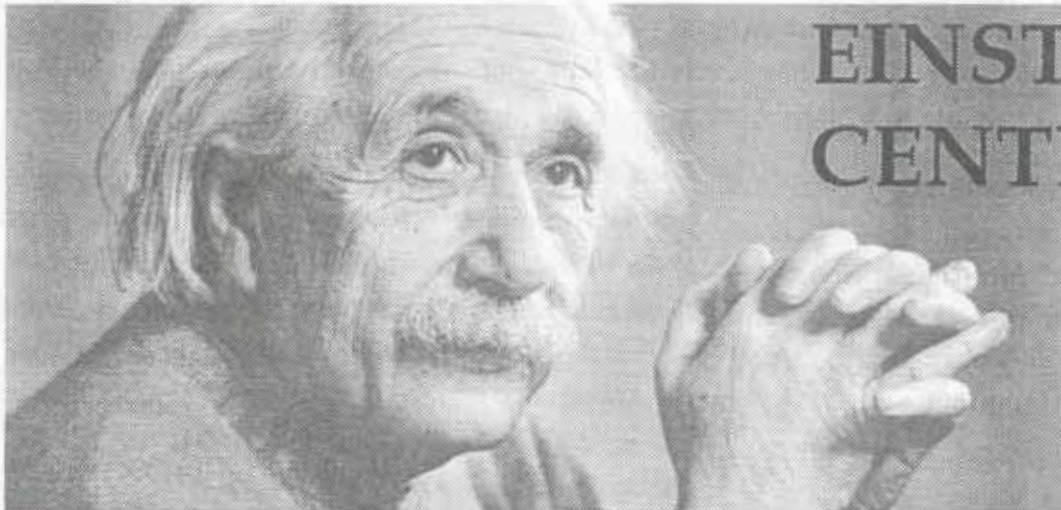
"But when you understand what She has done- the first thing She does is to (in my book also I have written down about it but I would like to tell you) that Her first, we should say, manifestation is on the left hand side. That is the Mahakali's manifestation. So She comes on the Mahakali's system, the left hand side and that is where She created Shri Ganesha... (Shri Adi Shakti Puja, Cabella, 26.06.1998).

Shri Mataji reveals that India is the microscopic form of the Earth and Maharashtra is the triangular peninsular that holds the Kundalini...in fact Shri Mataji also says....." *It is a special country created by Mother Earth. It was only a sea, after the amrut -manthan, the Himalayas started pushing up till it reached a certain point called the Everest. It was created to shield India, the Kundalini of the Universe. It was necessary to protect the Kundalini. It is the brain of the Virata. They had to fence some country to preserve the ancient culture. Shri Ganesh had to be placed in India. That is why I had to take my birth in this country, at the Tropic of Cancer."* (Kathmandu Puja, At the Ashram, 30th March 1989)

Again if we look into the temple we find two idols one is of Mata Khir Bhawani and the other is of Bhuteshwar Shiva...Interestingly, "Bhuteshwar" is the other name of "God of the Spirits". ...And He is Shiva.

... The Shero-wali (God resting on Lion) residing in the twelve Sun (12 petalled heart Chakra) of the Universe encircled by serpents! It is of course and indeed Shri Mataji, Who resides in the thousand petalled lotus in our Sahasrara and also is Sherowali.

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EINSTEIN'S CENTENNIAL

Albert Einstein¹

Exactly a 100 Years ago Albert Einstein published his famous *Theory of Relativity* which changed the way scientists thought, forever. What better way to pay tribute to this great seeker who talked about the Torsion Area (Sahasrara) than celebrating the centenary of his publications. In 1905, he published five papers² which converted his status from being a clerk in a patents office in Switzerland to being a Professor at the University of Bern.

Albert Einstein was one of the well-known scientists, who proposed the very popular "Theory of Relativity". In his theory, he explains about the 'space and time' relationship. He says that in a 3-dimensional world, which consists of mainly space, physical quantities are relative. E.g... What is right side for one person may seem to be left for another when watched from a different direction, in a 3-Dimensional space? But when another dimension 'time' is also added to the three dimension of space (X, Y, Z axis), physical phenomena are no longer relative instead become absolute. E.g. What we consider a table; one can recognize it as a table even when viewed from different directions. This is the fourth dimension according to Einstein where space-time is involved.

Although Einstein thought about the elemental aspects of nature: gravity, light and perception of various phenomenon, his most significant contribution came from his suggestion of the "Torsion Area", alluding to the Sahasrara.

Einstein felt that all the scientific knowledge he got is not through the manipulation of mind, but it came to him from the 'torsion area' on the top of his head. In Sahaja Yoga we say it as the 7th energy center or the Sahasrara. When one become thoughtless & feel that he is the part and parcel of the universe, one gets the Divine knowledge very spontaneously. This does not require any thinking process. Knowledge just comes in to the attention when it is one with the Divine. Many scientists who have discovered various theories have mentioned the presence of an unknown power behind their discoveries. This is the All-pervading power of Divine Love.

By practicing Sahaja Yoga one can enter the fourth & fifth dimensions and that is when things become

¹ Wikimedia Commons: Photographer: Yousef Karsh, "Albert Einstein", gelatin silver print, 11 February 1948." This image has been released into the public domain by the copyright holder, its copyright has expired.

² See Rachel Hildebrand's short essay on what exactly went into these celebrated scientific papers: <http://www.craigmont.org/einstein.htm>

absolute. In these higher dimensions, every thing is absolute and such a state can be achieved through Sahaja Yoga when one's Kundalini (Divine energy) gets awakened within us.

Quotes

*"It was, of course, a lie what you read about my religious convictions, a lie which is being systematically repeated. I do not believe in a personal God and I have never denied this but have expressed it clearly. If something is in me which can be called religious then it is the unbounded admiration for the structure of the world so far as our science can reveal it."*³

*"I believe Gandhi's views were the most enlightened of all the political men of our time. We should strive to do things in his spirit: not to use violence for fighting for our cause, but by non-participation of anything you believe is evil."*⁴

*"I want to know God's thoughts; the rest are details."*⁵

And finally, Einstein never understood the effect of his innocent genius on people. He says: "Why is it that nobody understands me, but everybody likes me?"

Learn More:

1. [Streaming Audio] National Public Radio Archived Show:
<http://www.npr.org/templates/story/story.php?storyId=4504647>
2. [Web] Public Broadcasting Service Media: Einstein's Big Idea Homepage:
<http://www.pbs.org/wgbh/nova/einstein/>

³ From a letter written in English, dated March 24, 1954. Wikipedia.org

⁴ Wikipedia.org

⁵ Unverified Source: <http://rescomp.stanford.edu/~cheshire/EinsteinQuotes.html>

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The other name of Shri Mataji is Maha Ragya (Shri Maha Ragyi She Who Is The Empress Of The Universe) and above all She is the Kundalini Mata.

The most significant day observed is the Jesh Astami that falls in May- Junē every year for the celebration and the Puja ...does it also have any significance with opening of the Sahasrara of the Universe on 5th May 1970 by Shri Mataji? Or a mere coincidence?

Interestingly, if we see while approaching the temple, people knew in subtlety that to offer Darshan at Her Holy Lotus Feet one has to cross through tough terrain like "Vichar (Thought) nag" like the Agnya Chakra to attain the 'thoughtless awareness' state. Also, one needs to burn his inner ego while crossing through Tyangalbal (burning Charcoal Hillock) to attain 'Doubtless awareness' state. Finally, one qualifies for the God's Realization at Mata Khir Bhawani temple and receives Her Divine blessings.

The significance of the Yantra or the Chakra as depicted in Tantra Shastra and believed in Kashmir associated with the Mata Khir Bhawani, is well illustrated in the verses of the Saundarya Lahiri.

In Shakti Yantram,

So Mata Khir Bhawani is indeed Kundalini Mata's abode in Kashmir. Interestingly, the hymn or the Aarti recital at Mata Khir Bhawani has tremendous vibrations and is sung in praise of the deities residing in our Seven Chakras...from Mooladhar to Sahasrara.

Prophetic Visions of the Divine Feminine in modern Europe

Continued from Last Issue (June 2005)

Sophia in the Russian mystical tradition

Whilst the modern Russian Sophiological tradition has its origins in the introduction of the writings of Jakob Boehme and others of his tradition into Russia in the late eighteenth century; it was further developed in the late nineteenth century by the philosopher Vladimir Soloviev (1853-1900).

Soloviev had three visions of Sophia, which he described in his poem *Trisvidaniya* (Three meetings), written towards the end of his life in 1898. His first vision of Sophia was in 1862 when he was nine years. His second vision was in London in 1875 during a sabbatical leave from his lecturership in religion at Moscow University. In the British Museum Reading Room he actively sought Sophia whilst 'mysterious forces' guided him in his wide-ranging reading in Hindu philosophy, Gnosticism, Hermetic writings, and Kabbalah. And eventually, in answer to a fervent prayer, he had his second vision of Sophia:

And then one day it was toward autumn
I said to her: O, blossom of a deity!
You're here, I sense it why haven't you revealed
Yourself to my eyes since childhood years?

And no sooner had I thought this prayer
Than everything was filled with a golden azure,
And before me she shine once more
But only her face it alone.

But Soloviev wanted more than just a face, at which point a voice inside him commanded 'Be in Egypt!' Immediately abandoning his studies he departed via Paris, through France and Italy, travelling by steamship to Cairo. Arriving penniless, he was mysteriously directed to Thebes. Captured and then released by Bedouins, he spent the night in the desert, awakening to the fragrant scent of roses and his third - and final - vision of Sophia:

And in the purple of the heaven's splendor,
With eyes filled with an azure fire,
You looked like the first radiance
Of a universal and creative day.

What is, what was, and what will always be
A single motionless look encompassed everything here...
The sea and rivers showed dark blue beneath me
As did the distant forest, and the heights of snowy mountains.

I saw everything, and everything was one thing only
A single image of female beauty...
The infinite fit within its dimensions:
Before me, in me were you alone.

O, radiant woman! In you I am not deceived:
In the desert I saw all of you ...
Those roses will not wither in my soul
Wherever life's wave may speed.

This third vision was to provide his philosophical and poetic inspiration for the rest of his life. Not only did Soloviev see himself as a devotee of Sophia, he also saw himself as a prophet. The tradition of the writer as a divinely inspired prophet, responsible for shaping the spiritual and moral destiny of the nation, was of central importance in Russian literature throughout the nineteenth century. Thus Soloviev can proclaim in one poem:

Let it be known: today the Eternal Feminine
In an incorruptible body is descending to Earth.
In the unfading light of the new Goddess
Heaven has become one with the depths.

The Third Age

Throughout Europe towards the end of the nineteenth century, and into the first half of the twentieth century, there arose a belief that the third of three ages was imminent, and that that age would be of the Holy Spirit, of the Mother, of the Divine Feminine. It is debatable to what extent this is based on the three *status* (Latin word for 'age') proposed by the twelfth century Christian abbot, Joachim of Fiore (1135-1202), and this varies according to each writer.

Based on a famous passage in Joachim's *Liber Concordie*, the Irish poet, Lionel Johnson (1867-1902) wrote his poem *Vita Venturi Saeculi* (1902) which concentrates, unusually for this genre, on the sweetness of the third age:

Be glad with beauty, white with perfect grace,
Sweet Age to come, whose face
Dawns dimly in our prophesying eyes
Eager with good surmise! ...

Sweet Age to come, whose wings are of white fire,
Deny not our desire;
O kingdom of the Spirit, conquering all
Take willing earth in Thrall!
Let green woods wave thee welcome, and blue seas
Laugh welcome, and each breeze
Be sacred incense round thee: peace appear



Through crystal atmosphere,
 Impassioned, perdurable, omnipotent;
 Given by God, not lent,
 Foretaste of Heaven, ere heaven be all in all,
 Come to the vexed world's call; ...
 Sweet Age to come, declare the doctrine clear;
 We wait thee now, wait here!
 Sweet Age to come, upon our ready ground
 Let lily and rose abound,
 With pure supremacy of fragrant state
 Sweetening this world of hate,
 Which does the wrongs, it knows not, and it knows;
 Plant thou thy lily and rose!⁶⁴

The Polish nationalist Count August Cieszkowski (1814-1894) used the notion of a forthcoming third age of the Holy Spirit in his campaign for a pan-Slavic homeland, and the abstract art pioneers Vassily Kandinsky and Franz Marc in their *Blaue Reiter Almanac* (1911) assert that

A great era has begun: the spiritual "awakening", the increasing tendency to regain "lost balance", the inevitable necessity of spiritual plantings, the unfolding of the first blossom. We are standing at the threshold of one of the greatest epochs that mankind has ever experienced, the epoch of great spirituality.

The prophetic nature of the third-age theory is best seen in the writings of the exiled Russians, Zinaida Gippius and her husband Dmitrii Merezhkovskii, who believed in a forthcoming period of time when the Third Testament would disclose itself to humanity. Thus Merezhkovskii wrote in *Lermontov* (1911), whilst still in Russia:

Christianity separated the past eternity of the Father from the future eternity of the Son, the earthly truth from the heavenly truth. Will they not be united by that which comes after Christianity, the revelation of the Spirit Eternal Womanhood, Eternal Motherhood? Will not the Mother reconcile the Father and the Son?

Later, from exile in France, he was to announce in the *The Mystery of Three* (1925):

The Father has not saved the world,
 The Son has not saved it,
 The Mother shall save it;
 The Mother is the Holy Spirit.

Towards the end of his life, living in Paris as warclouds gathered over Europe, Merezhkovskii was to write his final work (on the Italian poet Dante) published in 1939, in which he comments:

The fearful knot of social inequality which especially in our times threatens to tighten into a noose of death and so strangle humanity, may be untied only in the Third Testament in the Kingdom of the

Holy Ghost.

As the war machine of the German Third Reich (perversely, also based on the third-age theory) steamrolled across Europe, both west and east, this was the darkest hour for the European devotees of the Divine Feminine, still clinging to their notion of the forthcoming golden age. In the immediate post-war period, when resources were scarce, and books had of necessity to be slim, the English academic and novelist, C.S. Lewis (1898-1963), published *The Great Divorce* (1946) which contains a well-known description of a female prophet and her disciples, which can be seen as a prophetic vision of the Divine Feminine.

Whilst held in a Stalinist prison in the 1950s, the Russian dissident writer, Daniil Andreev (1906-1959), had a series of visions of a future in which the *Zventa-Sventana* (Divine Feminine) would come to Earth, and through an organization known as the *Rosa Mira* (Rose of the World) would offer the possibility of redemption to humans. This is described in detail in his book of the same name. Andreev defines the 'Rose of the World' as

The coming all-Christian church of the last centuries that will integrate in itself the churches of the past and will connect in a free union all religions of Light. In this sense, the Rose of the World is inter-religious or pan-religious. Its main goal is to save as many human souls as possible and to deliver them from the dangers of spiritual enslavement by the coming anti-God.

Andreev identifies the global feminine essence as 'Zventa-Sventana' meaning 'The lightest of the light, the holiest of the holy.' As conceived by Andreev, the Rose of the World, being a global religious and social organization, is destined to overcome

the contradiction between two primary tendencies ascetic spirituality which rejects the world and the so-called pagan tendency which extols the carnal world ... Finally, the triumph of the Rose of the World is not possible until the striving of religious humanity towards the Eternally Feminine [Vechno Zhenstvennoe] reveals a new, deeper meaning; until the breathing of the Zventa-Sventana has softened and lightened the extremely gloomy severity of masculinity, which up to now [has] completely dominated ethics, religion, and social life.

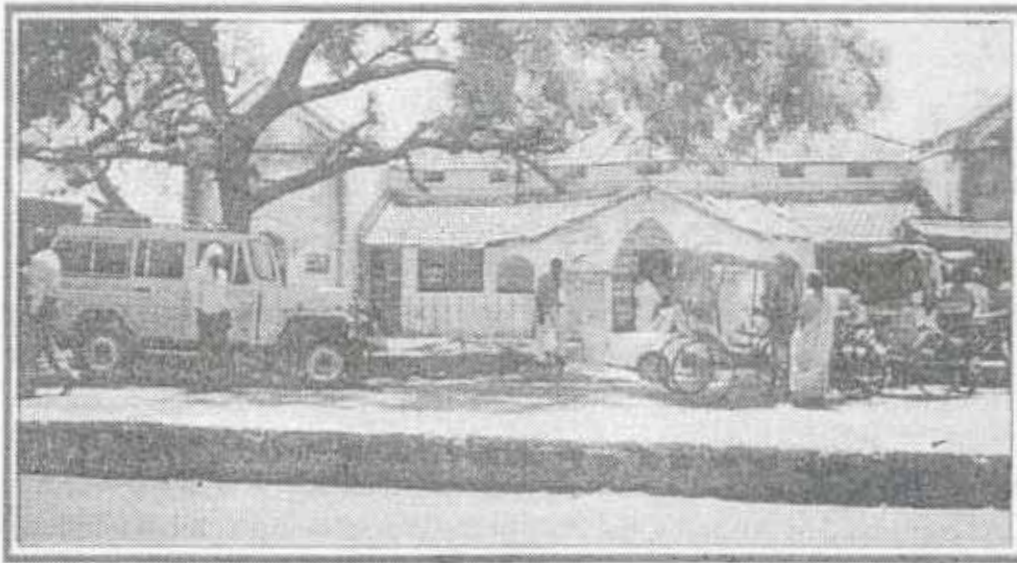
Andreev clearly sees the feminine principle as essential for the future of humanity:

We are entering the cycle of epochs when the feminine soul will become increasingly pure and broad, when more and more women will become deep inspirers, sensible mothers, and wise and visionary leaders. This will be the cycle of epochs when the feminine component of humanity will manifest itself with unprecedented strength, balancing the previous dominance of masculine forces in a perfect harmony.

Could this be a prophecy of Sahaja Yoga?

This is a condensed version of a paper written by John Noyce for the M.A. in Religion and Theology at Monash University, Melbourne, Australia. The full version is available on request.

Shri Mataji's house in Chhindwara



On 7 April 2005, Shri Mataji established H. H. Shri Mataji Nirmal Devi Sahaja Yoga Trust to manage all the work of Sahaja Yoga in India. She is the Chairperson of this National Trust and Sir C. P. Srivastava is the Vice Chairman.

From the very inception, the National Trust placed the highest priority to the acquisition of The holy birth place of Shri Mataji (the Chhindwara House) for the International Sahaja collective and to build a Memorial. The task was entrusted to the Asset Management Committee of the National Trust.

This holy task was accomplished on 14 July 2005. The property has been officially transferred in the name of H.H. Shri Mataji Nirmala Devi Sahaja Yoga Trust and all legalities have been completed. A collective hawan and puja was held on the premises on 14 July. Following the instructions from Shri Mataji, sign boards declaring it as Shri Mataji Nirmala Devi Sahaja Yoga World Ashram and the Holy Birthplace of Shri Mataji have already been put in place.

The Indian collective leadership, represented by the National Trust, will now take up the holy and important task of building the World Sahaja Yoga Ashram and the most beautiful Memorial to our Mother on Her birthplace.



A
New Yuga,
needs a
new kind of
Hero!



to be continue ...

|| Thank you Mother ||

GOLDEN LION



GOLDEN LION IS A GANA, A DIVINE WARRIOR WHO CAME ON EARTH TO HELP THE SAHAJA YOGIIS IN THEIR MISSION OF EMANCIPATION OF HUMANITY.

FIGHTING AGAINST TERRIBLE DEMONS AND NEGATIVITIES, GOLDEN LION IS AN INSTRUMENT OF DEITIES IN THE BATTLE OF KALI YUGA.

KNOW THE AMAZING ADVENTURES OF THIS SAHAJ SUPER HERO!

