



*The Divine Cool Breeze*  
*January-February, 2006*

" ... Today I am openly revealing this to you that until you Recognize Me, this work will not be done. I did not say this before. Just like Shri Krishna said, 'Sarvâdhârmânâṁ parityajayâ mâ-mekam sharanâm vrajâ'. Likewise are My saying too. Like, Christ said 'I am the Light, I am the path', similar are My words too. **"I am the Destination, not only the path."**

But, I never told this to you before, because, the previous experiences were so bad that I did not say this is to you. You have to take My refuge (Sharanâgat). You have to accept Me as your Mother and I have to take you as My son.

Without that your work will not be done."

(H.H. Shri Mataji, Mumbai. 29.03.1975)

# THE DIVINE COOL BREEZE

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## Award Presented To Sir C. P. Srivastava by President Of India



At last the much awaited historic moment sprang up live on First of October in the evening at 4:30 IST 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. The award carried a cash prize of Rs. 1 lakh, a citation and a plaque.

Sir CP 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 CP. 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 yogi present there at that gracious moment fondly recollects that the presence





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

Concluding his speech, the eyewitness recollected that Sir CP spoke with all candid gesture and confided that whatever position he held today at 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 prophesied 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 what 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.

It was half an hour ceremony and then all joined in the snacks and tea party hosted by the President of India, where all the dignitaries came and congratulated our

Mother turn by turn. Shri Mataji was very very pleased. She was probably ...why probably!!! Indeed working on the Indian Government machinery.

Later, after the ceremony Mr. Anil Shastri, son of late Prime Minister Lal Bahadur Shastri presented the volumes of the book entitled "Lal Bahadur Shastri "to the President authored by Papaji. Everything seemed to work subtly.'

The yogis present in the occasion expressed the moment to be historic. They were overjoyed in announcing and excited to reveal that Mother was very very pleased and that Pappaji's delivery of the powerful

speech turned us all present in that moment speechless. It was a fountain of vibrations. Mother was vibrant all the time and seemed to be emitting enough vibrations in the hall of the President House for vibrating the Indian Government machinery to work better. The yogi present there added, "...in my life time, I have never ever before attended such a historic event in Sahaja Yoga. I am grateful to Mother for the moment ..." The entire proceedings of the evening's event was broadcast by the Indian TV channel Doordarshan in the DD News that evening only. It seems even Shri Vishnumaya was impatient in announcing the great event.

**Jai Shri Mataji**

*Gurgaon Collectivity, India*

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## Felicitation to Sir C.P. Srivastava at Kamani Auditorium, Delhi, India



Dear Brothers and Sisters,

On 3rd October 2005 another programme at the Kamani Auditorium, Mandi House, New Delhi was hosted by the Lal Bahadur Shastri Institute of Management, Delhi, Shastri Sadan, Sector III, R.K. Puram, New Delhi, to felicitate Sir CP Srivastava. The programme started at morning eleven sharp on Monday. There was a gathering of about 700 out of which 300 plus were Sahaja Yogis. Sir CP Srivastava was the main source of attraction though, but all eyes were anxiously waiting for the loving and compassionate gesture of our beloved Mother. Shri Mataji graced the entire venue by Her holy presence with a pleasing smile all the while. Strikingly, in the entrance of the Auditorium there was a statue of Late Lal Bahadur Shastri as Mother noticed that statue remarked in a personal communication that "the statue should have been in white and not in black"! The message emerged as powerful truth from

divinity that should have been the protocol for such a statue that was immediately conveyed to Mr. Anil Shastri son of Late Shri Lal Bahadur Shastri and chairperson of the Institute as Mother's desire and message for the needful action.

Sir CP was invited to speak on the topic "Prime Minister Lal Bahadur Shastri's Vision and its relevance to India today". The eyewitness says it was not only touching speech with a fluent effortless diction in English, but a revelation that the world knew little of the personality called Shri Lal Bahadur Shastri and his magnanimity. His every action, principle and life was immaculate, simple in understanding and full of wisdom. Probably, we as Sahaja Yogis can assign all these qualities in Shri Ganesha as deity while, he spoke on the power of personality attraction, loving, compassionate caring, humility, politeness, wisdom, and principles. In one such incident he fondly

recollected the interaction between the late Prime Minister and him on Shastriji's humbleness and humility. He said late Mr. Shastri was Home Minister and then, while, Sir CP was his cabinet secretary and as a person Shastriji always loved to nod with folded hands the gesture of 'namaskar' to Shrivastava even before Sir CP got an opportunity to do so in the first place. Such was his simplicity, never being proud of his position or ego which never overpowered his simple attitude. In another incident he refers to the interaction between the two Prime Ministers, while Shastriji was the Prime Minister of India and Mr. Ayub Khan the Prime Minister of Pakistan.

In one formal meet, Mr. Shastri communicated to Mr. Khan in plain and simple words that he better not attempt or even think of annexing or taking edge over India ever, as India was far superior with her all qualities and people. They had their values and for such values India holds greater respect. Sir CP thus explained how Mr. Shastriji's words became a powerful instrument and helped avert a war and then both exchanged gestures of good will. Commenting on war Shastriji used to say, its always a loss for both ends in a war. Papaji, spoke in fluency for an hour recollecting the smallest of incidents/episodes and association with this great personality. It was captivating, as if unfolding the untold history once again (rewinding) but with a realized eye, that we seemed to have missed out while learning our history lessons. All incidents sprang alive as he was speaking in his plain and simple English He referred to many tender moments

in life, while once he bought a toy as a gift for his son Anil Shastri, while he was a child. Shastriji refused to accept it! Certainly, it was not for the sake of the money but was a matter of principle. So, that is how his every action expressed the principles and honesty that were deep rooted in his entire philosophy of life that he held as a human being.

Later, Mr. Anil Shastri also spoke a lot about the greatness of the family of Sir CP. He also acknowledged with gratefulness for the family of Sir CP on many personal terms in helping him build his career. He fondly recollected how he and his brother Sunil who were classes III and IV then, had their tuitions from none else other than our beloved Mother, Shri Mataji. He spoke of values, love, compassion and the high quality life that Sir CP and Shri Mataji as a person promises to the world. He spoke with all respect for Shri Mataji as how She was not only a source of inspiration since his early childhood but also a role model. Her compassion and love is unparalleled and difficult to describe. Mr. Anil Shastri, in narrating one personal incident reveals that once his brother-in-law had severe stomach problem, Shri Mataji with Her compassion placed Her hands over his stomach. The pain was gone the next moment never to return till date. Such was Her Love and the healing touch. It was indeed very touching moment as the audience listened to him with all expectation to hear more anecdotes that related to these two great families.

Later Papaji donated the entire amount of 1 Lakh rupees; he received as cash prize attached to the award, to the Institute, and



also humbly donated yet another lakh for the cause of scholarship towards the students pursuing their degree and education from that Institute. He was pleased to distribute 450 copies of his authored book entitled, Lal Bahadur Shastri in English and in Hindi to the students.

What really makes a man larger than life is just not merely by the sum of his achievements , but by the enormous heart that beats for the cause of love, compassion and humanity. Probably these few moments are insufficient to speak of the volume of love exchanged and the vibrations that flowed into the auditorium in the Holy presence of Shri Mataji Herself as the wife of such a humble personality like Sir CP Srivastava , whose expression the world witnessed today as a compassionate and

loving Mother of the entire Universe who blessed Her children who anxiously desired for Her Holy visit , but who is also present as Shri Mahamaya who is there to enjoy everything attached yet detached.

Later in the evening the Institute hosted a dinner in honour of Sir CP and Shri Mataji at six in the India International Centre in Lodhi Road , New Delhi . In India many TV channels have already had good coverage of the entire event and shall be on telecast shortly. So we may wait for the next announcement to see the event and absorb the dynamite of love exploding in Her Holy Presence of our beloved Mother and our Papaji, Sir CP gracefully blessing the occasion.

**Jai Shri Mataji**

*Gurgaon Collectivity, India*

## Guru Purnima Puja (2005) To Shri Mataji (A Report)

On Wednesday July 20, we had asked Shri Mataji if She would allow us to offer a Puja to Her the next day on the occasion of Guru Purnima. She gracefully agreed.



On Thursday morning, soon after Her breakfast, She explicitly requested some of the ladies to prepare Her Sari for the Puja. After her evening tea, Shri Mataji invited the collective into Her living room for this joyous and special occasion. This puja was attended by representatives from several countries, local USA centers and several yogis attending Shri Mataji.

Puja started around 8pm with ladies offering a welcome aarti to Shri Mataji,

followed by all the leaders offering haldi (turmeric) and kumkum at Shri Mataji's feet. We sang a Ganesha song, followed by "Guru Totza Mhanavi" and ended the bhajans with "Jago Savera". She was enjoying the bhajans so thoroughly, looking at all the yogis in the room, who were expressing their devotion to the Guru. This was then followed by offering a gift to Shri Mataji from the hosting countries. She asked where the gift was from and praised the craftsmanship of the gift.

Shri Mataji was looking so radiant this evening, enjoying the presence of so many of Her children at Her feet, pouring so much love on each yogi who was there. Several yogis were commenting about how much love they felt from Shri Mataji, and how pleased She looked throughout the evening. We all felt wave after wave of Divine Vibrations pouring out from Her during the entire evening, and every one was commenting how the vibrations have lifted in this area.

At one point, when one yogi with a camera came into the room, She gave him a big smile and said "aa gaye"-



acknowledging that the "official camera man" has arrived. Mark has been taking photographs during the many joyful bhajan sessions and other collective interactions with Shri Mataji.

Shri Mataji looked so pleased and asked at one point on number of yogis in the room and commented that Her living room was absolutely packed.



Some time after the puja, Manoj, Paul, Karan and Gagan presented documents pertaining to the incorporation of "Shri Mataji Nirmala Devi Sahaja Yoga World Foundation" that were filed on this auspicious day. This was a very historical moment when, for the first time ever, the World Foundation has been given a legal status any where in the world. Shri Mataji accepted the articles of incorporation and gave Her blessings to the organization. At one point, She commented "What a team work!"





Shri Mataji continued to enjoy the company of a few yogis for the rest of the evening, watching some movies and interacting with the yogis in the room. She spoke in length on the phone with Her family members in Los Angeles and ask them repeatedly when they were arriving for the Puja.



It was a very special evening and we are so grateful for Her presence here in New Jersey. Please enjoy the pictures.

Jai Shri Mataji  
Manoj, Vasu, Mark and Anurag

## Guru Puja Weekend Report USA 2005



This Guru Puja weekend was historic, as the first international Guru Puja in the U.S.A. It was also historic in how the Sahaja Yogis understood the significance of the event. There was a collective maturity and inner silence. The 950 yogis who attended also celebrated -- in embraces, sincere conversations, singing and dance -- the atmosphere of deep affection and love, that is, Sahaja Yoga. A story appeared on Sunday in the daily New Jersey newspaper, *They Recorded*, and summed up the event with the headline, "Hundreds fill weekend with devotion and bliss."

The weekend began for most of us with the arrival on Friday. The registration process, acquiring a room and a set of meal coupons, allowed each of us the chance to enter a state of patient witnessing as our own organizational needs intersected with the availability of rooms at the hotel. As we found in Los Angeles and New York in recent years, a good hotel room assignment

promised new faces and the establishment of new friendships, and we were not disappointed. Appreciating each other, working on each other, and preparing for puja together, we were part of the Vishuddhi of the Virata.

Overall the level of comfort, service and food provided by the Sheraton Meadowlands Hotel was superb--with our physical needs so well taken care of, we could fully concentrate on our spiritual state. Conveniently located midway between a major airport and where Shri Mataji was staying, the hotel afforded us trees and expanses of green grass for meditating. Meals could be taken indoors or outside. While it was hot outside, there were breezes and shady areas to make each meal a very enjoyable picnic.

On Friday and Saturday we had to meet in a large tent erected in the parking lot of the hotel, as the large ballroom wouldn't

be available until Sunday. As it turned out, the party using the ballroom on Saturday evening used it for a full-blown Indian wedding, and parts of the hotel had wonderful statues of Shri Ganesha and decorative columns which added to the festive atmosphere.

The highlight of the Friday evening entertainment program was a singing presentation by the small children of the Canajoharie school. Their enthusiasm and innocence showed the promise for the future of Sahaja Yoga in the U.S.A. Other activities over the weekend included a game of soccer, collective shoe beating, splashing in the hotel pool, and head oiling and massaging.

Saturday night's entertainment program began with everyone settling into their places while beautiful hammer dulcimer music filled the air. One yogi

wanted to know what wonderful tape was being played, and then discovered it was a live performance coming from the front of the tent.

Throughout the evening we saw and heard the amazing talent, evolving and expanding year by year, of young performers presenting music and classical Indian dance pieces. We enjoyed flute, guitar, kawali, Turkish drumming, and classical Indian vocals. When the ten Turkish drummers combined their intoxicating beat with traditional Sahaja bhajans on harmonium, some of us could not stop ourselves from jumping up and dancing. Theatre of Eternal Values presented some improvisational comedy.

The Yuva Shakti on the Realize America tour showed slides and talked about their experiences heading down the east coast of the U.S.A. (Their website is







realizeamerica.com.). A theatrical presentation showed various incarnations and adi gurus teaching Mahatma Gandhi that his dream of world unity requires the intervention of the deities, but first and foremost it requires the advent of the Adi Shakti as Her Holiness Shri Mataji Nirmala Devi.

The highlight of the evening was an anthem to Shri Mataji—a video presentation by the Italians which was so moving and overflowing with love that afterwards yogis could only embrace each other and let the inexpressible joy flow as tears. Archival footage showed our dear Holy Mother of twenty or more years ago, personally adjusting brides' and grooms' garlands at a wedding in India, cooking, playing the harmonium, singing, greeting and kissing

small children, laughing--manifesting the most adorable, magnetic, and motherly personality ever seen in history. There was footage showing Her tireless work of raising the kundalinis of thousands of people, in villages and in halls. As the camera panned back slowly, one could not see the end of the sea of seekers, all with one hand over the top of the head, feeling the cool breeze of the Holy Spirit for the first time. The video expressed for all of us our profound love and gratitude to Shri Mataji.

All of the events of the weekend opened our hearts and enabled us to feel more than ever Shri Mataji's love. Everything was preparing us for puja. Only at Sahasrara, in silent bliss, could we do Her puja. The time for puja was set for 7:00 p.m. Sunday evening. Soon after 7 we started singing

bhajans, and the puja had begun. Each of us was celebrating, in a hotel ballroom with 950 yogis, our personal and intimate connection with Shri Mataji. And then it was time to stand, with full respect and devotion, while Shri Mataji entered the ballroom. Twenty-

a nonprofit organization in the United States. Operating as the World Council for the Advancement of Sahaja Yoga, this new foundation will protect and preserve Shri Mataji's teachings, and support national collectives around the world in spreading Her divine message.

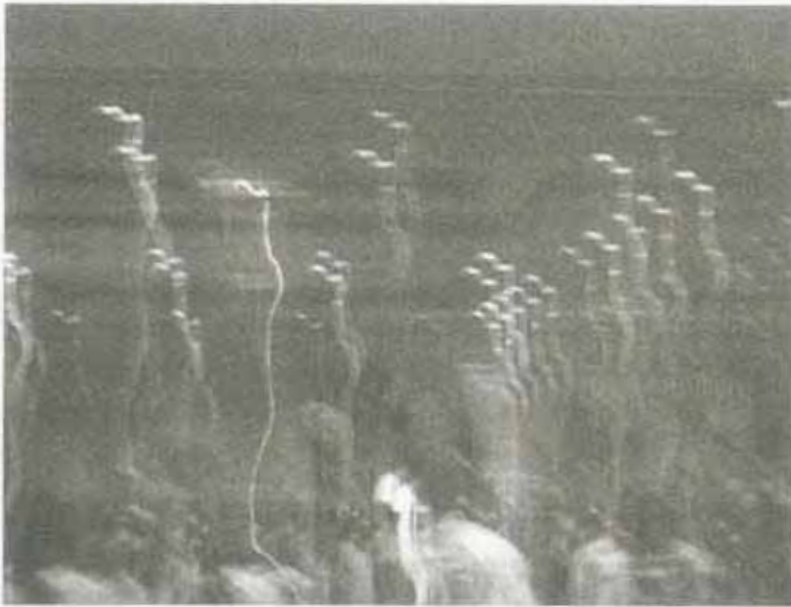


one children were requested to come up on stage and offer Ganesha puja. Then several married ladies decorated the Goddess. Aarti was powerful, as if we were announcing to the world, "She is here! The Guru of all the Gurus is here, with all Her power and majesty!"

After we offered our collective pranam, the international and national gifts were brought on stage, one by one, and Shri Mataji stayed throughout the entire ceremony. After all the gifts had been offered, Arneau took the microphone to announce the news that, just two days earlier, the Shri Mataji Nirmala Devi Sahaja Yoga Foundation had been officially registered as

We realized we were witnessing history--the first time a major world religion has been formally and legally brought into being with the direct guidance of the incarnation! With the generous support of Shri Mataji and Her family, the new foundation will have a solid footing. At this point there was no doubt that we had to stand and offer our Holy Mother a standing ovation. Then the clapping died down and we stood in silence. The large curtain was drawn across the front of the stage and Her time with us in physical form had come to an end.

Individually we thanked Shri Mataji



and prayed that we had absorbed all of the vibrations. After some time of meditation, prasad and commemorative gifts were distributed. And then we found a magnetic force kept us in the puja hall. Even if we went out of the ballroom, we found ourselves drawn back into the hall. Digital cameras were handed back and forth as many yogis shared miracle photos their camera had captured. (Shri Mataji had said before the puja that many miracle photos would be taken.) Our hearts filled with exuberance and love, the ballroom then erupted in vigorous song

and dance, while some of us sat in silent reverence in front of Her chair on the stage.

Shri Mataji mentioned to Manoj while returning to Her house after the puja that "Vibrations were very good" and "many miracle photos would be seen". At this puja, we not only felt our individual connection to Shri Mataji at Sahasrara; we experienced the effortless, joyous state of being connected to Her in the collectivity of Sahaja Yoga. In this new state of being, we knew we weren't doing anything--She was doing everything.

**Jai Shri Mataji**

## Aquisition of Shri Mataji's house in Chhindwara-India

On 7 April 2005, Shri Mataji established H. H. Shri Mataji Nirmala Devi Sahaja Yoga Trust to manage all the affairs of Sahaja Yoga in India. She is the Chairperson of this National Trust. Sir C. P. Srivastava is the Vice Chairman and Shri Rajesh Shah the joint Vice Chairman. The Trust, which will henceforth provide the collective leadership for Sahaja in India is made up of 12 Trustees and 7 Special Invitees. The Trust's offices are in New Delhi in the Sahaja Temple at 17-C Qutab Institutional Area.

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 build a Memorial. The task was entrusted to the Asset Management Committee of the National Trust.

With the collective efforts of all the Trustees and of Sahaja Yogis from Nagpur, Bhopal, Pune and Mumbai and the tireless follow up by Shri Dinesh Rai, the chairman of the Asset Management Committee, this holy task was accomplished on 14 July 2005. The property has been officially transferred in the name of the H.H. Shri Mataji Nirmala Devi Sahaja Yoga Trust and all legalities have been completed. A collective havana and puja were held on the premises on 14 July. Following 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.

It is important to mention that funds

collected through an international appeal for the acquisition of the Chhindwara House amounting to Rs 77 lakhs were held in Shri Mataji's bank accounts in London for nearly ten years. This amount has been transferred in full to the accounts of the newly established National Trust in India. Moreover, members of Shri Mataji's family (namely Sir C.P. and the two daughters, Kalpana and Sadhana) have donated Rs. 58 lakhs towards the cost of acquiring the holy birthplace. Sahaja Yogis from all over the world and for all times to come will in great esteem behold this extremely gracious donation by Shri Mataji's family that demonstrates their commitment to perpetuating the legacy of our Holy Mother.

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 special committee will soon be constituted for this task and everybody is invited to contribute to this Holy task through ideas, resources and voluntary work. Those interested in contributing to this effort could contact Rajiv Kumar, Executive Secretary Indian National Trust at [aarkey1951@yahoo.co.in](mailto:aarkey1951@yahoo.co.in) or at 91 9818098072.

The Indian collective leadership recognizes the immensity of this historic task and prays to Shri Mataji to give us the wisdom, courage and humility to undertake this task.

For the Indian Collective,  
Rajiv Kumar

## THE SPIRIT

Pravachan of Holiness Mataji Shri Nirmala Devi

Spirit is the most precious thing that we have within ourselves. The preciousness of your Spirit is immeasurable and that is why it is called the thing of eternal value. Because it is infinite, we cannot measure.

Now, God the Almighty, we say is 'Sat-Chit-Anand'. Sat means the 'Truth'. The truth, we understand, in human terminology is relative. But the 'Truth' I am telling you is the absolute, from where all the relations start. Example, I will tell you, how to understand. This Earth has got oceans and rivers and all kinds of waters you can say. But the Earth is enveloping all of them. If the Mother Earth was not there, there could not have been any of these existing. So we can say, that the Mother Earth is the support of all the things that exist on Earth. She is enveloping us. In the atoms, She exists, in the big mountains, She exists, because the elements are part of that Earth. In the same way God Almighty, The 'Sat' part of Him, the 'Truth' is the support of all the things that are created or not created. Another example; you try to understand. How, the 'Sat' is the 'Purush', is the God who does not take actual part in the creation itself, but is a catalyst. The example can be like this, that, I am doing all the work, I am creating every thing, but I have a light in my hand. With out the light, I cannot do anything. Light is the support of my work. But the light does not in anyway do anything about what I do. In the same way, God Almighty is just the witness like a light.

But His another quality is the 'Chit', it is 'Attention'. When it is excited (in

Sanskrit there is a very good word for excited, it is the स्फुरण i.e. pulsation) or when it is pulsated (His attention) or when it pulsates, then through His attention He starts creating.

And He has the third quality, which we call 'Anand'. Anand is the feeling of 'Joy' that He gets by His perception, by His creation, the joy that He gets. All these three things 'Sat Chit Anand' when they are at a zero point where they meet, then they become principle of 'Brahma'. When these three things are one, where there is complete silence nothing is created and nothing is manifested, but the 'Joy' is one with the 'Attention' because the 'Attention' has reached to merge into 'Joy' and 'Joy' has become one with 'Truth'. This combination of three qualities separate and create three types of phenomena. 'Anand', the joy inwards merged with His creation and with the 'Truth'. When 'Joy' starts moving with the creation, the creation starts moving down from first, the 'Sat' or 'Truth' stage to 'Asat' i.e. 'untruth' to 'Maya' i.e. 'Illusion'. And that time the creation starts working out and when it starts working out, the 'Joy', which is one on the left hand side, the emotional side of God also starts becoming grosser and grosser, till they reach a stage where there is, we can say, a complete darkness of Tamoguna, the complete cessation of the creativity and the complete sleeping of the joy. Is it clearer? You will understand now Mahalakshmi, Mahakali, and Mahasaraswati. That is why Christ said, 'I am the light.' Because He represents the 'Sat'-the light of God. And when the light of God becomes absolutely gross, dormant or dead,

then it reaches the second stage of creation. All these things go deeper and deeper and become grosser. That is one part of the parable.

Now the another part of the parable starts when you are attaining back to God Almighty. That process now gradually starts becoming higher and higher, subtler and subtler and finer and finer. In that refinement ultimately the light works for the evolutionary process. Gradually the grosser parts start becoming enlightened. You find the lower animal is not much enlightened as the higher animal. Gradually even the 'Joy' starts becoming subtler and subtler. We can call it beautiful. Human joys are much more beautiful than that of animals. So the 'Joy' also starts changing their manifestation. In the sense, you start more and more and wider range of 'Joy' comes into your hands. For example, to a dog beauty has no meaning, decency has no meaning. So at a stage when you reach, when you are a human being, to that extent you develop your 'Sat', which is awareness; to that extent you also develop your 'Joy' and to that extent you also develop creative action. Now you see how the 'creativity' of God passes into the hands of Man, when he turns out, how the 'Joy' of God passes into the hands of Man and how His 'Light' comes into the heart of Man as 'Spirit'.

It is beautiful. I have just touched, when you have become a human being. People say human beings have a soul, not that others do not have, but light starts burning in a human being only.

Because of that 'light' we talk of religion, we talk of God and we talk of

eternal things. But it is really a precarious stage, that is, to be human being. Because at this stage, you have to jump only a little bit that side, while you start jumping this side and that side. Because this jumping is not possible unless and until the awareness reaches that stage, where you become independent and in that independence, you find your own course. This is the position. Because your 'Self' cannot be yours until and unless you are independent. As long as you are slave or under bondage or something that is gross, how can you enjoy that eternal joy that is within you? So it is for you to expose yourself more to that joy by opening out your 'Self' more and more and getting subtler and cleaner so that you feel that 'Divine'.

Once you know this point, that, after getting Self-Realisation, unless and until these three things start merging together, you cannot feel that you have established yourself. The Joy within you, must be felt through your awareness, otherwise you cannot see it. Suppose you have no eyes, then how can you see? If you were not aware to see me, how will you see me? If you are not aware to hear me how will you understand me? And once that awareness comes to you then only the 'Joy' awakens within you. Because only through these subtle feeling of the awareness, you are going to absorb the Joy. Just now you felt, you said "what a beautiful thing it is!" You felt very happy. You are feeling the joy of creation at this stage and Man is the summit of creation. But only the crown part is such a little thing. Very little it is. Very little distance it crosses in no time, but only thing

is that, three things have to be combined. And that is why you find even if you get Self-realisation, you do not feel the silence. Because you have not become the 'Light'. You do not feel the 'Joy' because you have not become the 'Anand'. That is the left side of you. In everything there is 'Joy'. As a human being you start seeing 'Joy' in patterns. You see a key box, you open it out. You see the patterns. You call it the veneer. You call the roughness and things, the smoothness and the harmony of it.

You start feeling the matter, the Joy of His creation. But after realisation, you start feeling the 'Joy' of creation. The summit of creation is the human being and that is why for a Sahaja Yogi he must realize, if he tries to be friendly or interested or involved in a person who is at a lower level, he can never get the 'Joy' from that person. Only thing what he can do is, to raise that person higher to

his own level and make him also feel the same 'Joy' as you are getting. Supposing a man who is an artist marries a blind girl. What is the use? She cannot enjoy the Arts created by this man. In the same way, if you are interested in your family people, in your relations, in your friends, the first thing and the finest and greatest thing you can do is to give them Self-realisation which means the 'Joy' of your Spirit. Expose them to the joy of their Spirit, which is the most precious thing. And this is the reason, why people flicker and they fiddle and they feel uneasy and they lose their 'Joy' very easily at small things that has parts of it and finished.

It is like the ocean before you, where I am there and I want you all to come into it and enjoy. It is all for you. Whole thing was created for your enjoyment. You have to become subtler and subtler. You are wasting lot of time here on very gross things, you have noticed.

(From Nirmala yoga - 1983)

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## EKADASHA RUDRA

Some notes from Mother's advice on how to correct problems with the Ekadasha Rudra (given in Delhi - 1981)

- i) Establish your innocence. Put your eyes to Mother Earth.
- ii) Cleanse your void. If you went to a false Guru, beat him with shoes.
- iii) Put your attention more to Nature than to other people.
- iv) Be careful when organizing; stop organizing if you are catching on this centre, and don't speak in public.
- v) Obstinacy catches here.
- vi) A half-hearted commitment to Sahaja Yoga can cause a problem with the Ekadasha Rudra.
- vii) The Ekadasha Rudra collects from the left and the right sympathetic. Therefore, the combination of a left catch with a right catch will particularly affect it.

David Spiro  
Nirmala Yoga - 1983



# IMPORTANCE OF PUJA AND HAVANA

Talk given by Shri Mataji Nirmala Devi

Paris - June 18, 1983

I am so happy and joyous to be here with so many Sahaja Yogis and so many of them are very new, not very new to me, perhaps I have known all of you thousands of years back. In Sahaja Yoga, you all have to understand one simple thing, that you are the Spirit, and whatever is not the Spirit is not yourself.

We can compare the Spirit with the sun: the sun can be covered with the clouds. There can be superimposition on the sun, but sun remains as it is at this point. You cannot enlighten the sun. It is illumined by itself. But, when the clouds are removed, the superimpositions are removed, the sun shines through the atmosphere. So our Spirit is also superimposed by ignorance. As long as there is superimposition, you can not see the Spirit. And even when few clouds disappear, the superimposition exists. One has to have a clear sky to see the light of the Spirit shining through. There are many ways by which we can try to remove the clouds.

The first and foremost thing is the assumption, the faith, that we are the Spirit and that the rest is superimposing. You have to assume that within yourself. After realization, it should become very easy. That you are something much more, something very different from what you have known so far.

So now the new situation arises: that you do not have a blind faith, but you have a faith that has come out of an experience. So your intellect should not fight it. It should

not try to challenge it. If it start challenging it and if you hear to your intellect, you will again go down. Even if you get the glimpses of a star in the sky, then the scientist believe that there is a star. So in the same manner, even if you get the glimpses of your realization, you have to at least believe that you are also the Spirit. You go on sticking to that experience and keeping your attention on the fact that you are the Spirit. Tell your intellect not to cheat you anymore. You can turn the face of your intellect by this.

Now your intellect will start working for the pursuit of the Spirit. This is what faith means. Faith gives rise to pure intelligence. Now once you have seen clouds removed, still there are clouds. So you have to use the wind to remove the clouds, wind of the Holy Ghost. And that you know, there are many ways of taking advantage of the wind. So the wind comes from some other source. That is the source of the Holy Ghost, you own Kundalini. And also you have in person the Primordial Kundalini before you. Compared to many other seekers who came before you, you are very fortunate.

Because worshipping any vighraha, any statue of self-created vibrations of the Mother Earth, people had big problems. They had to first of all do a meditation which was called as 'Savikalpa Samadhi'. That means, in that state you had to concentrate on such a statue-Vighraha. Vighraha means the one which is a vibrating statue. And then go on looking at that statue and try to raise your

Kundalini. And Kundalini used to come up to Agya, but the jumping beyond the Sahasrara was an impossible task because one has to go from form to formless, and it was so difficult to get out of form to formless, and even to concentrate on abstract or formless was another impossible task. As the Muslims did or many others tried to do. Under these circumstances it was necessary that the formless had to take a form so that there were no more complications. As soon as you concentrated on the form you became formless. Like if you have ice before you, as soon as you start touching the ice, it melts away and you start feeling the cool.

So the problem is very easily solved now. Puja is one of the things by which you can excite the forms into formless. Now your centers are the centers of energies, but they too have a guiding deity sitting on all these chakras. They are also the formless made into forms. And when you do the Puja, the forms melt into formless energies. And these formless energies start flowing, and then blows the wind. And that is how these misidentifications, these superimpositions on the Spirit are removed.

Now you cannot think about the puja. These are things which happen into a realm which is beyond thinking. So you have to understand that you cannot rationalize the Puja. You should have the maximum advantage on your chakras. For that, you must fully just concentrate on the puja, and how the wind is blowing. And the wind will see to it that it drives out all the clouds. So your only work is, your only method is, just to concentrate on the puja and witness. You are a seer.

Seer has double meaning. The one who sees only, just sees and he is only knowledge, he is a seer. Without any thought, without any reaction, just sees and absorbs automatically, spontaneously, he is the seer. For me sometimes it is burdensome because there should be some parity between you and the deities, some balance must be there.

Here you are saying all the mantras and the deities are awakened and there you are who do not want to receive any thing within your heart. So I am the One who has to stock up all the extra energy that is produced in my Body. So it would be better if you all keep your hearts opened and watch the Puja without thinking about it. Today we will reverse the method of the Puja. First we will do the Havana and then the Puja, it will be better. Because by that we will evoke the fire element which burns away all the evils. When you wash my Feet you do the same thing and even when you evoke the fire you do the same thing.

Today first we will have the Havana and then the Puja, both are just the same. You can worship Me with water or with fire. The essence of fire is the glow. All that is wrong, all that is evil is burnt off and then the glow shows on the faces and on the bodies of the seekers. And also the atmosphere is charged with the beautiful vibrations when you have the Havana.

*May God bless you.*  
(From Nirmala Yoga - 1983)

## **Shri Mataji's advice**

31st March, 1983

Hampstead town Hall, England

### ***God's Work and Negativity***

I realize that when something is very important from God's point of view all the negative forces work out their plans on how to delay, how to put obstructions, how to deviate or how to bring hindrances. It is very surprising. Today, it would be best if I tell you about God's will and how, we the human beings, try to go against it all the time.

God's will is extremely simple. His is Divine Love; He is compassion and He is the ocean of mercy. He created this world and then created human beings just to give them the highest thing in life - joy. Joy which is a simple thing, does not have duality like borrowed happiness. But how are we anti-God and anti-joy, and why does it happen?

Our awareness, as you know, grows through our brain downwards. And what starts growing downwards takes us away from God. Ultimately we have to achieve God. But first we go a little away from that awareness of being one with God; just to understand that freedom has to be used properly. Without that training, without that education, it is no use giving freedom to human beings. You have seen the free countries. In their freedom what have they achieved, atom bombs to kill ourselves! It is stupidity. It is foolish. It is absurd. But we have done it. We are proud of it and are still busy on how to make it worse and worse for ourselves. This is how we move. The

awareness that was our own, human awareness, was given to us for our freedom to be tested, to be experimented and to be seen and finally, to have ultimate freedom by which you become the Spirit.

You have to become the Spirit ultimately. But as we start growing in our awareness so-called, our concern is not for the Spirit. I would say that we are like a tree which pushes its roots down into the Earth so as to stand and grow; so also the roots we have are in our brain. And then we start growing upwards and upwards till the leaves emerge, flowers bloom and fruits are created. But on the contrary before reaching the fruit stage what happens to us is that we start creating artificial leaves and enjoying them. We take to artificiality. Once this identification with artificiality starts, we begin to move away from reality to negative thoughts or to over positive thoughts which are actually anti-God because it is with them that we make atom bombs and all that.

So, there are really two branches into which we branch off. Some people like to go towards the left side or the negative attitude. They destroy themselves, trouble themselves and do all kinds of things by which they can die and in the most miserable manner. They get all kinds of diseases upon themselves. They torture their body, they torture everything that they have. Then the other side is the right hand side in which they move to torture others, to destroy

others, to over power others. Both the ways are away from God, His mercy and His grace. The concern throughout should be towards the Spirit. Only then is the movement in the right direction. But this concern breaks up very easily in human beings because they have the freedom to do it. In their ego they break it up so much that when you develop the artificial way of easy going life, then even the consciousness of God is lost, that He exists, that He is the one who is running the show. We become so conscious of ourselves that we think there is nothing wrong. We do this, we do that and plunge into all kinds of problems. What we are doing is really against ourselves, and ourselves means God because God has created us and He loves us. We don't love ourselves. If we had loved ourselves, we would not have abused our body and our own systems and everything that we have by saying "what is wrong? Why not do it?" You must love this body of yours, this mind of yours and this society. You must love everything you have because God has created you in His love. But love itself has become a much perverted word. Now what is wrong in promiscuousness? Is it love? If I tell you that it is not because it is against nature and it gives you trouble, you will be in a mess. But people may think that this lady is matronly She is old-fashioned and Victorian. Listen. It is a fact. Why do we do things which will destroy? You can't create yourselves. You can't even create a rose for yourself leave alone the whole body. Then why should we be anti-ourselves? Why should we be anti-society which we have created? Or against the whole nation or nations that we have created? What are they

doing, all these politicians today? Fighting. For what? Just look at them. I can't understand what the fighting is for - to create more destructive forces, more horrible things to destroy innocent human beings? Those who are innocent are simply warned. They don't know what to do. They don't understand why they are to be dead tomorrow because some people have gone off their heads! And those who have gone off their heads are sitting at the helm of our affairs. That is how the negativity grows within us. We become negative. Both are negative attitudes because they negate God.

Negation of God is the first crime we have committed. We are not afraid of God. He is compassion, He is Mercy, He is everything. But, in His mercy only, He is going to destroy this world. He won't allow more sins to be committed against Him. Even otherwise He destroys. What is cancer? What are all these diseases that are coming up in our body? They are nothing but our own destructive forces that we have built within ourselves. There is no fear from outside ourselves or any star or any extra-terrestrial attack. No, there is none. It is within us that the attack is built, of which we should be aware. In the name of freedom we have gathered within ourselves all the germs of destruction. It is such a built-in process that we are not even aware that these attacks are coming, that they are there. We are quite satisfied with ourselves, our artificial life, etiquettes and superficial mannerisms.

Innately, within us, resides the Spirit which wants to enlighten you, to give the

peace, the bliss and the joy of our being. This beautiful lamp of yours has been created with a purpose. It has to be enlightened. Respect yourself. There is no word called 'respect', left in the dictionary today! Respect yourself. We have to respect this lamp which has the light of the Spirit and it should be enlightened. And let us be that lamp which shows the glory too. It is such a beautiful world God has created for us but we in our ignorance, in our so-called freedom, have ruined so many things.

It is shocking to see where people are going-just towards hell directly. For a mother, it is a thing of great concern. How to stop this fall? How to get them out of it? How to make them understand what is their worth, their value. You should not take human life for granted. It is a very precious life which was created out of many processes. It was created with great difficulty. Don't forget that you have to become the Spirit without which your life is waste. Nay, the whole creation is just a waste because you are the highest in creation. You are the epitome of that creation.

And what are you upto? We have to form nucleuses that will talk openly about God. I was amazed to see that in this country people do not like to talk about God. You cannot talk about God! Can you imagine such a state of affairs where you cannot talk about your creator or that religion means nothing? Either you form some sort of secret organization which everybody cannot enter into and say "now we belong to a certain cult". How can God have cults? Just think of it. How can He

have separate churches, separate temples and separate mosques? How can we become fanatical in the name of God? Can you imagine, this is what we have done to God! We have become fanatics. There is a stone which when He touches it becomes gold. When he touches anything it becomes gold. But, there must be a stone. When He touches human beings, they become like prisoners. That is why there is so much fanaticism. It is a problem, how to give this news and this message that you are the Spirit and you have to become the Spirit.

My mother-tongue is Marathi, and thank God, I have been born in Maharashtra because, it is a country of saints. Thousands of saints lived in that country. It is the tradition, it is so spiritual. Spirituality is the tradition of the place where I was born. 'Maha' means great and 'rashtra' means nation. The tradition there is of spirituality and not of alcoholism, drugism or any other 'ism'. Spirituality is the tradition of that country where a very simple poet called Namdev was born. He was a tailor, just an ordinary tailor. But he has written many sweet poems. I will explain what he says, "A little boy is flying a kite in the sky. He is looking at the sky, he is talking to his friends, he is moving up and down and discussing things here and there. But his attention is always focused on the kite. Then, he says, a lady is carrying her little boy and doing her work in the house - giving water to her husband, sitting down with the kid, cooking and then rising up to do washing. The child is on her waist, resting. But her attention all the time is on the child. There is a woman

holding a pitcher of water on her head delicately balanced. She is walking with other women. As they are walking together laughing, smiling and talking to each other their attention is always on the pitcher of water, in the sense that the attention is on the Spirit."

In the same way, though we have to lead a life here, it is absurd that we do not have our attention on our Spirit which is the giver of the ultimate in life. But as soon as you begin to talk about something spiritual, people think that it is a lot of trash which should not be listened to. They want to hear the same mundane things again and gain. If it is broadcast, say, the Conservative party or the Labour, they will listen to it for hours - such mundane stuff. Every year you hear that. But if someone says "No, this is all artificial, you have something more worthwhile within you and hearken to it", they think they have not come to hear all these things. What is it that this mother is telling us?

But now awaken and arise. On a different level we have to understand what these people have done so far and we have accepted it. What we have taken for granted for all these years is beyond the horizon. A star is shining within us and that is our Spirit.

People talked about it, talked about God, made another cult which said they were doing God's work. In 'God's work' the ladies are tying up their thighs and polishing their own flesh. Just imagine! In the name of God doing such horrible stuff! The

explanation is that 'you must undergo mortification'. Why should you mortify yourself? 'Because Christ did it.' Are you Christ? And that means whatever Christ did was a waste, so a little bit of yours was needed to add to it! Whatever has been done has been more than sufficient because Christ was the Prince. And if a prince has to undergo mortification what is so great about it? He has already done it and He has worked for us. He is to be enlightened within us and that is how we have to get our realisation.

The easiest thing to do is to sit down and ask question, but it is best to get your realisation. That is the most important thing today. Of course, under the circumstances, as human beings are, it is not going to work very fast. I am very sure of it. I have tried my level best. Like mountains you have to raise the Kundalini. It is really like raising mountains. You feel so tired and worn out. But then they don't want to appreciate it. So do not feel disappointed, do not get hurt about it.

Slowly and steadily I am sure, in your own eyes, people will see how your life is transformed into joy and bliss and understanding. They will see how loving and delighted you have become and then they are going to believe that there is a better life for you. Some people are in such a bad state that they see a black picture of everything. They are so disappointed that they have given up. They have just given up. They say, "Now we have just finished with it. We have done everything and now we do not want to do anything more". I have seen in France, they

are discussing about the collapse and the imminent destruction of the world. They are discussing that "Let us be finished now. We have had enough of it. Let us have the ultimate destruction whether it is an atom bomb or anything else. Let us be finished." It is so desperate! I can understand the desperation of those who are thinking about, of those who are concerned about it. I am bothered about it. I have no doubt one should feel desperate. Even the Sahaja Yogis sometimes get very upset and become extremely desperate saying "Give up, Mother, we have finished with it and no more." But I do not know how to remove my attention from the Spirit. If you can try, try your level best to remove it. You cannot, for you are there. So, whatever it is, you will fight to save as many as possible. So, all these Sahaja Yogis who get frustrated at certain intervals, I have to say, you should not be frustrated. You have to keep your courage and understanding if you have feelings for others and if you show concern for them, they will understand you and you will be able to get more and more people saved, emancipated and they will enter the kingdom of God. As you are enjoying, they will also enjoy.

The only snag is that you will feel so many are still lost. It does not matter. You have to work hard. We have to understand that there are negative forces which are pulling them down. They are ignorant and they do not know there is a life beyond this mundane strife. The eternal life of beauty and glory. But gradually, I am sure, it will work out. Especially, for this meeting, they have lots of ups and downs and the whole thing was discouraged.

But one must still understand that God's work is blessed by God. He will bestow all His blessings and help on you so that you will perform your desired duties. The time is passing, very little time is left now. It is running out and that is why there is increasing desperation. The desperation itself has brought forth the advent of Sahaja Yoga on this Earth. And you should feel more strong to fight these obstructions that you feel, are around and work out the Ultimate Goal of this Creation.

*May God bless you.*

(Nirmala Yoga-1983)

## LEADERS IN SAHAJA YOGA

**"O Devi! You are modesty in the heart of the high born".**

Let us do something which is not very Sahaja, that is, cast a glance at the future. Sahaja Yoga is now taking momentum and we can easily foresee the need of the coming years. The new Sahaja Yogis of today will have to be the leaders of tomorrow. As the collective organism is growing, more and more cells are required to perform key functions. There will be a need for Sahaja Yogis to run Ashrams and schools, to talk to the public and to the media people, in a position, above all, to deal with newcomers while displaying the required mixture of love and firmness. The blending of these two qualities is important: love attracts and consolidates positivity. Firmness keeps negativity at bay. As already mentioned in this magazine, the inside (meditation) and outside (action) growths of the Yogi will complement each other.

Yet Shri Mataji has warned that leaders in Sahaja Yoga are particularly exposed and should thus move about in the various fields of life with full awareness. For a Sahaja Yogi, full awareness ultimately implies Atma-consciousness, that is, receiving, giving, perceiving through the Spirit, realizing thus the higher synthesis of the Vishnu-Shiva tattwa within himself. Then the fruit of spiritual maturity, i.e. detachment, will free him once and for all from the various bondages which can ensnare him, such as materialism, possessiveness in family life, job's worries,

sex in the attention etc., etc...

But besides these classical traps, a leader has to watch very carefully difficulties which could stem from the very status of leadership when the latter is not really understood. Of course, the mischief maker is - guess what-capital E capital G and capital O. We find in the Gospels this lively story of the apostles quarrelling about who was the greatest among themselves and Christ took a child and said: "If you are not like a child...." It was nice of them to play this rehearsal because Christ could thus warn the leaders in Sahaja Yoga not to again spoil the show. It is good for them to remember the story: a child is a simple, spontaneous, he likes to play... he also plays the role of the leader, but it's a play!

Looking at my brothers and sisters who are in Sahaja Yoga since years and assume leadership functions, I could propose the following description of the good leader: he does whatever the Unconscious expects him to do, without false pride and without false humility; he doesn't do but he is; he doesn't perform but he vibrates; he does not appear but he shines (with, of course, the reflections of his Mother's qualities). Thank God, he has a sense of humour; he becomes a bit suspicious when his Mother starts praising him (although he just loves it) and extremely suspicious when he forgets to praise Her; when he cares about his "position", when thoughts of leadership



come into his mind. He does not push himself forwards but, sometimes, the wind swell his sail; he does not climb the mountain but, sometimes, he finds himself sitting on the top: someone has done it for him. He smiles; his Mother did it again; what a wonderful sightseeing; His programme is to enjoy and he doesn't even feel sorry about it. He is neither guilty nor responsible. He is most responsible, his compassion is not his. He doesn't help anybody; everybody is helped. He carries with great pride two diadems, two bandans of sparkling snow and gold; the gratification of his Mother and the love of his brothers and sisters. These are the magic of his strength and the secret of his confidence. Anyone who is adorned by the contentment of the Goddess and shielded by the love of the Sahaja Yogis will become immortal.

A last word. Shri Vishnu is the Leader of Evolution, the Master of the Quest. It is written in the Puranas how Shri Vishnu propitiated Shri Shiva in the Himalayas. He undertook to chant the thousand names of Mahadeva, offering Him thousand lotuses. His beautiful and melodious voice enchanted the higher worlds. As the last lotus was missing, he who is pushpalochana i.e. lotus eyed, plucked out one of his eyes and offered it to complete his worship. Shiva was enamoured and gave to Vishnu the absolute weapon, the Sudarshana Chakra. Shiva is said to be Naranaryana priya i.e. fond of Nara and Narayana. We shall all go into our depths and experience the relationship between the two Lords. When the leadership of consciousness surrenders itself to the Atma all temptations of the ego are finished.

**A disciple  
(Nirmala Yoga)**

## SAHAJA YOGA AND PHYSICAL CURE - III

Let us consider diseases. Diseases can effect us either through the Ida or the Pingala Nadis, since both are affected by hordes of dead beings. Especially the Ida.

For a disease to enter the body, its vibratory defences must be weak. The strong points that protect the body are the Mooladhara and Agya Chakras and the Left Heart. These three Chakras have, above all, deities that stand for Spirit, Purity and Truth and transcendence over matter. Of these three, the most basic is the Mooladhara Chakra.

The Lord or the Swami of the Mooladhara Chakra is Shri Ganesha. His outstanding quality is respect for the Adi Shakti in the form of the Mother. This is the aspect of the Goddess which is paramount. With it go qualities such as absolute faith and trust in the Mother whose instinct is to sacrifice for the sake of Her child. An innocent child knows this and puts his faith and trust, his whole heart at Her Feet; with it goes devotion and love and adoration of a simple innocent sort - spontaneous and without forethought, afterthought or ritualism.

The being, whose attention is fixed so closely and focally on the Mother, automatically develops other qualities such as pure wisdom, knowledge, chastity, obedience and love and above all, purity. This is because the Mother is the only source of these qualities in the entire cosmos and what does not emanate from Her is not true.

As being created by the Goddess, we worship Her, but as Her children we have

direct access to Her, to place at Her Feet our perplexities and our confusion, our weakness and our strength so that She carefully, as Mother, may nurture and integrate them and educate and re-evolve us. To have such a direct relationship to the supreme evolutionary power of the universe is a very great thing and in some sense condenses and summarizes all that there is in our existence. In resonance to this, Christ was born to Shri Mahalakshmi to stand at the ultimate gate of reality and ultimate truth.

The Goddess is the Creator and Preserver and Destroyer or Liberator and Evolver of this Universe, and a wise child knows this, and nothing else, and knows that She stands at every door and turning point of human existence, placed Herself there, in various forms and in different powers and attributes. There is nothing else in the Universe - Only the Parmatma - **And any one who puts thoughts and attention on wordly matters eventually weakens both the Agya and Mooladhara.** Be it on well-meaning things such as Science or Literature or Politics or anything. Anything that doesn't reflect the Spirit and its great Shakti, has no meaning in terms of development and eventually shifts one off balance.

Any shift off balance, as one knows, can lead to collapse. It is only the constant flow of our Mother's Kundalini and it's powerful force constantly rebalancing that which unbalances itself, that maintains, furthers and pushes forward Sahaja Yoga.

The essence of human beings is their awareness or attention that decides what one is or what one becomes. Shri Mataji said that where one's awareness goes, 'that' one becomes. The seats of power in a human being are not material or gross, but subtle and immaterial, bound together by the subtle filaments of the awareness. If the attention is pure, then, the being is not affected by gross impurity. But if impure, then any state of gross purity is only transitional and cannot last. There are only two things worthy of contemplation in this universe- Parmatma and its surrounding Shaktis, both of which are really one and have incarnated in the form of our Holy Mother Mataji Shri Nirmala Devi.

Let us consider our position, it is very great indeed for we have been privileged

indeed to know the absolute in human form and to have been given the chance to recognize HER - as SHE is. This is opportunity and privilege so great that words cannot express or encompass it, and we must place our attention and feeling on it. Initially I thought to describe the various illnesses separately but that would distract our attention from the essential to the non-essential, so I will not speak of it.

The attention is seated in the stomach through the Nabhi and when centre rise effortlessly through the smoothness of the Sushumna to touch the Feet of Shri Sadashiva-Himself at the Sahasrara and then to continue its ascent to the highest levels that man can aspire to. **So do not waste the attention. Keep it pure - and no disease can assail you - and no power in darkness can hinder your rise to the absolute.**

**JAI SHRI MATAJI SHRI NIRMALA  
MATREYA NAMOH NAMAH**

-Dr. Rustom  
Nirmala Yoga - 1983

# THE MEMORIES OF OUR DIVINE MOTHER

## THE FIRST PUJAS

### We had no idea about pujas.

We had no idea about pujas. She had to bring a Brahmin in to do the pujas. Mother would give him Realization and would ask him do this, that and the other, but we would just sort of sit there while he went through the mantras and do everything. And when the time came for the aarti, we didn't know it, So we had this record of one Indian movie and it had a picture on the front of an Indian girl smoking a cigarette and it was about some Indian girl who had gone to America. She had got lost and had then realized the error of her ways and had sort of come back to being an Indian. And we would solemnly get out this record and put it on the record player and play it and clap while it played. It was the music of "Sabko Dua Dehna," but it was the original aarti. That was a puja. We didn't know how to do pujas. We didn't know how to do anything.

(Pat Anslow)

Mother used to teach those protocols, you know. She used to tell us with which hand to do, how, you know, when we were to put this on. So She would lead the puja, wouldn't She?

(Malcolm Murdoch)

She was always stopping people and saying, "No, the mantra's said like this and

you got the pronunciation wrong." So throughout the pujas, She would be directing the whole thing. "And we'll have water now. We'll have this now, We'll have that now." And really, if Mother hadn't been there directing the puja, we'd probably never have completed it, would we?

(Gail Pottinger)

## CAN YOU JUST COME OVER WE'LL HAVE A PUJA

My first puja was a Guru Puja (in 1977) and I remember once I was at work and then suddenly Jane (Brown), Gavin's wife, phoned me and said can you just come over, We'll have a puja. I didn't know what a puja was. So I came down. We were something like eight or nine people and there was a pujari, an Indian pujari. His name is Satpal. We haven't seen him for a while now. Anyway, this puja was - I didn't know what it was - this was the first time that I was seeing a puja. I just sat down and, for someone that is coming from an Islamic background, I guess it all feels and looks quite new to us, you know.

(Djamel Metouri)

You know that Guru Puja ? That was the first Guru Puja, in Gavin (Brown)'s flat. There is a picture of Mother with some roses, holding some roses. I remember giving Her those flowers and saying, "Mother, be

careful, there are thorns in them." And She said, "I have to take the thorns, too." And She took them and then She said, "Can you tape record this, my talk?" And that was the first time I remember Her giving a formal talk. And I remember thinking, "What is the point of taping it? We are all here." Shows you how aware we were of what was going on.

(Pat Anslow)

We had a large piece with "Charlie Chakra" drawn and we were offering this rice and flowers to each of the Chakras, saying mantras on each, for each charka, you know. And that puja, interestingly enough, was just a small puja, in a way because we were only nine or ten people, but there is a picture of Mother who is holding the flowers between Her feet.

I can't say it was the first, but I remember it was my first Guru Puja in 1977 with just ten people as opposed to two thousand or three thousand today. And this was just happening in the lounge of Gavin Brown's house.

In fact, in a way, that puja was done differently from the way we do it today, which is we do the puja directly to the Goddess and we wash Her Feet. At that time, we did wash Her Feet, but at the same time we were actually using this "Charlie Chakra" chart, actually doing offerings to the various charkas.

But, in any case, there were other pujas which took place during that summer. One of them was in my house, when She came to St. Albans. It was a Shri Krishna Puja and we washed Mother's Feet and we had a puja the way we do it today, but with perhaps not all the ingredients, you know. We were not - it was not a fully fledged puja, as we see today.

(Djamel Metouri)

## WE JUST DIDN'T HAVE A CLUE

At Her house {near Oxted in Surrey, England, there was a puja}. At one stage She took us outside in the evening, into the garden and we had a havan outside and She was trying to clear us and trying to clear us and we all stood there and suddenly She said something like, "That's it." And this huge wind came up and disturbed all the leaves and you just felt like the disciples gathered around Christ. She worked so hard all the time on us - no matter what. She tried everything to try and clear us out.

(Maureen Rossi)

And later on we had another puja in Her house, and that was more like a real puja with the amrit and all the elements and so on. That took place during a seminar that we had in Her house around September, 1977. That was in Hurst Green in Oxted. And I remember very well because, even Kevin, which is Pat's son, was there. He was quite young.

(Djamel Metouri)

There were just half a dozen of us at that first puja. Kevin, my son, was there, He used to misbehave and I used to get furious with him and Mother used to take him away from me and calm me down and look after Kevin. No, Mother had to do everything for us. We just didn't have a clue.

(Pat Anslow)

## CLOSENESS AND INTIMACY

The house in Oxted that Shri Mataji had - I remember things attached to landscapes and environments quite a lot. I remember in Oxted, the sort of closeness and intimacy, Her relationship with the early Sahaja Yogis. It is something that the earlier Sahaja Yogis talk about quite a lot. For example, we would have ajwain and She would get under the sheet with everybody and all the Sahaja Yogis would be coughing and spluttering and She would say, "What's wrong?" She would be completely all unaffected.

(Kevin Anslow)

## I REMEMBER FEELING CLUELESS

The first puja to Shri Mataji which I ever attended was Guru Puja 1978. It was performed at a hall in Finchley, North London. Resident Indian people did most of the preparation. They were touchingly

hospitable and I remember feeling clueless in the light of their humble Indian hospitality and culture. She called all of us, very new people, to do Her puja and put the born - realised at the front. This included a little Dutch boy and myself. She told us that ours was a double responsibility. Then we did Her puja with the other new people behind us. They put their hand on our shoulders or upper arms, so we were all connected. We didn't really know what we were doing and Shri Mataji instructed us step by step through the foot washing, the amrits, the kumkum paint, the sandal oil and the flowers. At the end, people came rushing through, trampling over us and stepping on our hands to get their photographs of our Mother.

(Marilyn Leate)

## ONE MOMENT OF GLORY FOR A GALLANT FLOWER

One year Mother stayed in London for Christmas. It snowed on Christmas Eve and Mother said it was because Kevin (Anslow), Pat's son, had wanted a white Christmas. We had planted a sunflower outside the kitchen window at Chelsham Road (Ashram) and, as the months went by, it got taller and taller, but never seemed to form a flower. As December approached, I began to wonder because sunflowers are

frost-tender and are usually dead by October or November and this was in 1980 or 81, before the greenhouse summers and climate change had started. By mid-December the plant still wasn't dead and started forming a flower head - again quite extraordinary in the dark, cold depths of the English winter. On Christmas morning it blossomed, even though it was snowing. We picked it and put it on the top of the Christmas tree in the room where Mother came for the Christmas Puja - one moment of glory for a gallant sunflower. Mother had often passed the flower when it had been growing as in those days She would come to Chelsham Road once a week or so.

(Linda Williams.)

### SHE WAS READING US SO DEEPLY

I remember there was this Christmas Puja and it was early on because I came at the end of '79 and this might have been '80 and Mother gave a lot of presents. I can remember that the puja at that time was quite a difficult and often painful business. The spirit loved it, but everything else screamed and squealed and stamped its feet. I remember She gave these presents and somehow, when I went up there, it was as if She could only see vibrations. She was so lost. She was in such an amazing state, She was looking at people and it was almost as if She didn't know who they were, but She knew much more than who they were. And

She was reading us so deeply. And She gave me three presents, three presents, and I was amazed, but what do you do? They were just handed to me. And I remember walking home from there, back to where I lived, quite late at night and feeling Her love. She had given me these things which were somehow so symbolic and, of course, I still have them.

(John Glover)

### SHE WAS LOOKING AT THE VIBRATIONS

There was a Christmas Puja, which was one of the early ones. It was at the Temple of All Faiths in Hampstead and Shri Mataji, for myself, She gave me a picture and some of the other older Sahaja Yogis, She had different things. But what She had done - there were a lot of Mr. CP's old - and I say "old" in inverted commas - ties and She had wrapped them all up. And they were all wrapped up in exactly the same way. They were all different, but they were all wrapped up the same way, so there was no way of knowing any one from the other. So Shri Mataji was giving these packages out. And She gave one to somebody and then off he went and She gave a couple more out and then She said, "No, don't take that one. Give me that one back, please." And then She gave them to this other fellow. And then She gave him another one and he opened it up and it matched the suit he was wearing

exactly. So it is amazing, Shri Mataji wasn't looking at the person, She was looking at the vibrations and She knew that the vibrations were incorrect, so She put them right. That's the way it worked out.

(Douglas Fry)

## READING THE PRAISE OF THE GODDESS

One time when we had a puja, the puja sort of started in the morning and went on through the whole of the day. And one particular puja, one of the very early pujas, we had a havan outside and we had this book of the thousand Sanskrit names of the Goddess. This was, I believe, actually the first puja in praise of Shri Mataji and was at Her house at Parklands, Hurst Green. We were sitting round there putting stuff on the havan and Shri Mataji was actually reading the names of Herself. As She pointed out, She said, "This is very strange because you've got the Goddess reading the praise of the Goddess, which is rather unusual." Because She was the only one who could read them. But whilst we were there - and it was really cold outside, it was late in the year - and the whole sky opened up like a great big halo above us. The sky was quite dark, but there was a whole light patch above where we were because the vibrations that were given out had sort of caused the sky to open.

(Douglas Fry)

## I THOUGHT THERE WAS SOMETHING WRONG WITH THE CAMERA

The first puja we had at Chelsham Road was the Bhoomi Puja, the puja to bless the house. As the housewife, I was honoured to be called to actually offer the different item to Mother in the porch of the house. I was heavily pregnant with my second child at the time. Mother stood in the doorway and I offered the rice and other things to Her Feet. Everyone else crowded round in the hallway and garden. After we had finished the short puja, Mother told us to bury the offerings on the right of the doorway, between the door and the window.

About a year later I was taking some photos of the children who were sitting on the front door step in one photo and standing on what was then a little lawn in front of the window by the door in the next one- the strange thing was that when the photos were developed, there was a bright light coming out of the ground where we had buried the offerings. At that time, we did not know about miracle photos and I thought there was something wrong with the camera.

(Linda Williams)

## LIKE IT WAS A FEAST

We used to give, really, very poor meals to Mother in those days (at the pujas in England) and She was so gracious, She ate everything.

(Kay McHugh)

She always said how nice they were.

(Linda Williams)



Yes, She did. And I used to think. "Really?" Because it would be gluggy old grey rice and She'd act like it was feast.

(Key McHugh)

### THEIR HEARTS AND CHARKAS WERE CLEAN

We had a puja. Before this I had one of the first of many lessons. The {Chelsham Road} ashram was a bit of a tip and I got everyone running around cleaning it up. When Mother came, She took me aside and was not pleased. She said it was just the supra-conscious bhoots in me that were making everyone run around and tidy up and that - whereas I was clean outside-my charkas were filthy inside and, although the Sahaja Yogis' ashram was a bit untidy, their hearts and charkas were clean. But may be one good thing can be told. After the puja, we would all take turns to go up to Mother.. One by one we would kneel in front of Her with our forehead on Her Feet and She would often work on us. As I knelt at Her Feet at that first ever puja, She told me that I would one day give Sahaja Yoga to many, many others. That promise, which has indeed come out, sustained me through all the hard times that came later.

(Linda WiHiams)

### SHE SAW OUR CONDITIONING

When you come to Sahaja Yoga, and it happens to almost everyone, you tend to bring your own religion with you. And you want to sort of shift Mother's attention towards your own religion because somehow you want to be patted on the back and you want Mother to say to you, "Oh, how nice of you to talk to Me about your Islam" and so on.

And I think once when Rustum (Bujorjee) was in the Middle East, whenever he came back, he used to say, "Why don't we do namaz at the end of the puja or something? And then Mother said one day, "All right, it is good to want to do namaz, but namaz was something that you did when you didn't know God." You know, you had to do some practice - something that would probably bring you closer to God because you didn't know God. **"But now you know God. God is in front of you. You don't need to do namaz any more."**

This is not to do with what Mother said in the very early days. It was something that She said much later on, may be 1984, 1985. She started talking about it. May be She talked about it. She didn't insist on it in the beginning. Why I said this is because certainly events happened several years later, then they relate to a whole period of time where She might not say anything.

She saw us for many years in Sahaja Yoga and, in a way, She saw our conditioning. She saw our attachments to various bits and pieces here and there. She saw how we try to bring various bits and pieces from our own country.

(Djamel Metouri)

### YOU COULD FEEL HER PRESENCE.

Later on we started to have pujas at institutions, you know, proper, like hotels or conference places. But in the beginning, in those first two years, when I came (1979 and 1980), most of it was in people's houses. I know we had a lot of pujas in Brighton in Pamela (Bromley)'s house and I can

remember being in the ouse with Shri Mataji. It didn't matter if Shri Mataji was upstairs or in a different room, you could feel Her presence, that She was in the house and it would make you- you would become much more conscious of your behaviour of what you - I felt myself - of what you said or even what thoughts you allowed to pass through your mind. Sometimes you would feel it wasn't right to have a certain thought, it was almost dangerous for you because you were in the presence of the Goddess.

(Felcity Payment)

### IT WAS JUST RECORDING

After the Ganesha Puja in Brighton, there was quite a big gathering and Shri Mataji was working on somebody and She wanted some honey to vibrate for clearing people's Agya. And someone had a very posh pot of honey, which had been bought in a nice health food shop.

(Chris Marlow)

The reason why I remember it so strongly was that I bought the acacia honey, I bought the food that was used for the catering from Paul(Winter)'s house and we had been to the wholesalers and various places and the honey was acacia honey.

(Vicky Halperin)

Shri Mataji said, "No, this is no good. This is acacia honey and acacia is the tree that Christ was crucified on and it's also this horrible spiky thrn thing."

(Chris Marlow)

When Shri Mataji made this comment about the honey and the acacia, I had the most extraordinary pain through my

foot, really sharp like a nail going through my foot. And She said, "What's the matter?" It was like the crucifixion, like a nail in my foot. I somehow didn't feel guilty. It was just recording.

(Vicky Halperin.)

So I nipped out the back and went down to the local corner shop and got a pot of Gale's Honey, brought it back and that got presented to Shri Mataji and She said, "Oh, this is fine."

(Chris Marlow)

### JUST TO GET HEART OUT OF THEM.

I don't know why this was. I ended up in the front being dressed as an Indian in a dhoti and She had this material She wound round and round and round me and I ended up with these big trouser type things. What are they called? Just dhoti, yes. She was showing us how to do it.

She spent ages and ages with us because in those days, although there were less people, it was less formal. Pujas were quite short. Although the pujas we did ourselves are very long, the pujas She did were actually quite short and they still are. But She used to spend whole evening with us, just trying to get us to entertain ourselves and that, I think, was one of the things She used to do. She used to do all kinds of funny things to make us laugh, because we were quite miserable all the time. That was one of the things, dressing people up, making them do things, just to get heart out of them.

(Ray Harris)

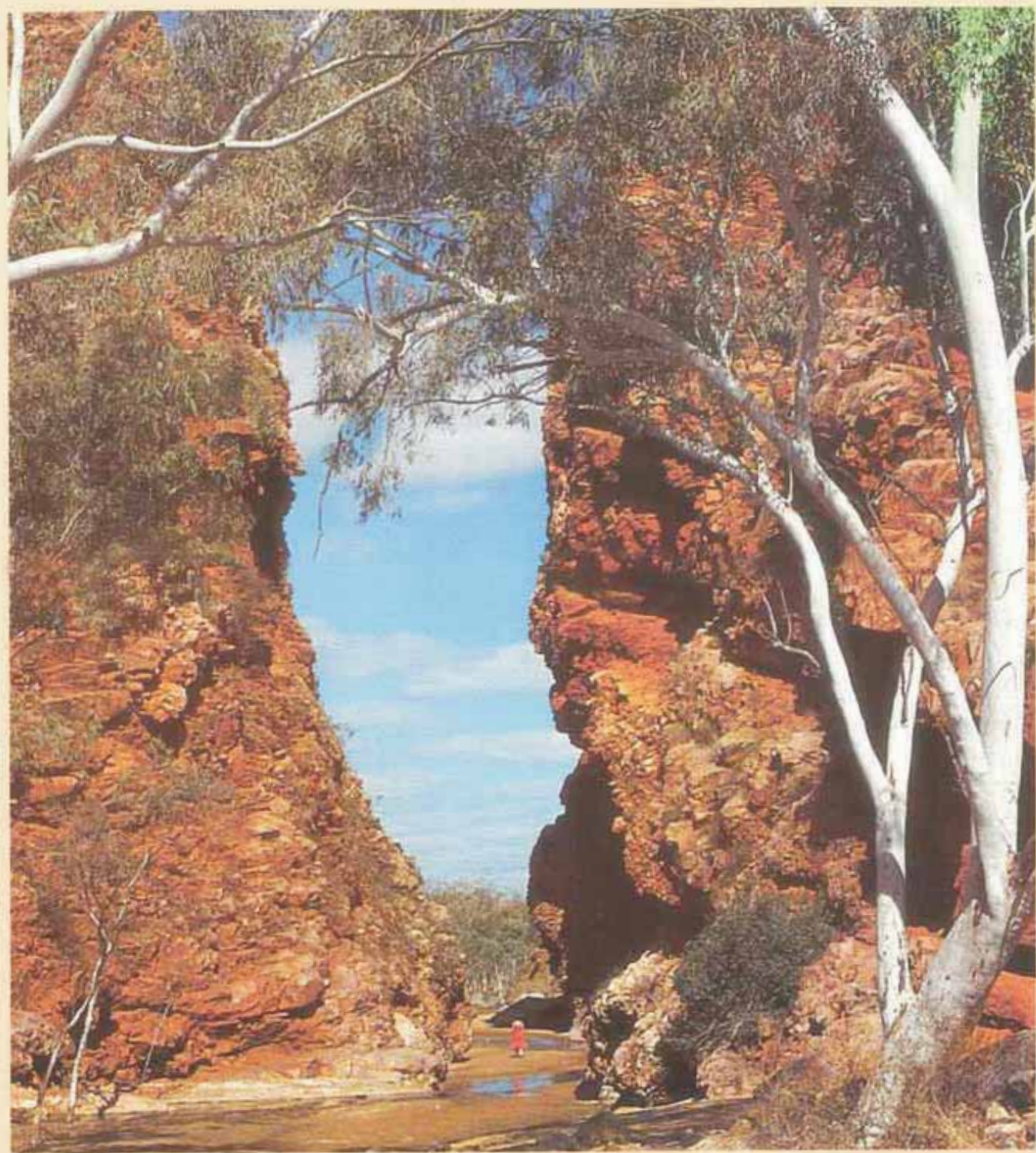
# Music

Programme

A musical staff with a treble clef and a key signature of one flat (B-flat). The staff contains a sequence of notes: a quarter note G4, an eighth note A4, a quarter note B4, a quarter note C5, a quarter note B4, an eighth note A4, and a quarter note G4.

*All*  
**Prathisthan**

On 20th Nov.2005.



**MYSTIC ULURU**