



The
Divine Cool Breeze
Nov. Dec. 2006





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Shri Mahalakshmi revisits Nirmal Nagri

Pune, The Holy Land

22nd October 2006

Sunday the 22nd October 2006 marks yet another historic event since the creation of mankind with the witnessing and welcoming once again Her Holy Lotus Feet of Shri Mahalakshmi after thousands of years in Her Shrimataji form on this land of Nirmal Nagri, Bhukum in the Khatpewadi village, Pune, India.

It was thousands of years ago in the Treta Yuga (an era as per Indian calendar) that Shri Rama as Shri Vishnu incarnate along with Shri Sita as Shri Mahalakshmi incarnate vibrated this land with Their Holy Lotus Feet. It was in Maharashtra only that Shri Ram and Shri Sita walked bare foot. The myth behind this part of the land says - Shri Sita and Shri Rama had spent quite a few important days here during their period of 14 years of exile. Villagers in Khatpewadi claim, the remnant or fossilized remains of the utensils used by them in the neighbouring hillocks still bear the imprint and the proof of their holy visit as they can still be traced there. Vibrations on this land speak for its own importance. The Nirmal Nagri covers about eleven acres of this holy land. Shri Mataji once enlightened us with the story of Shri Rama's advent and His Maharashtra tour bare foot, as the land had to be vibrated and Shri Ganesha Himself expresses on the land as the Earth element. So He had to walk without sandals.

"Because first of all when human beings came on this earth they were frightened of all the animals who would invade them and all kinds of horrible Rakshasas and all those people, and negative forces would trouble them. In that state they needed to create a king, a ruler,

who was the one in charge of that. He was here in Treta Yuga and Krishna came at the time of Dwapar Yuga.

When I came it was Kali Yuga but now today the time is of Krita Yuga. The Yuga where work will be done - Krita Yuga. This is the time where work will be done"
-H.H. Shri Mataji, Chelsham Road, London, 2nd April 1982.

Even the subtler aspect that marks this day as very significant and historic is for the fact that - the celebration of 'Diwali Festival' with lights intrinsically is associated with Shri Rama's victory over Ravana and His return. It is a divine bliss that every heart loves to light that essence Love that enlightens the Raja Lakshmi principle within to mark the joy of the victory of good over the evil forces. That's why Shri Mataji says,

"Whatever is good for your Spirit will automatically work out as soon as this integration takes place, and that is the work of Sahaja Yoga Today. That's why I said it is Krita Yuga, is to be done. And this integration must be achieved within ourselves, so sometimes you have to make your body come to this level".
-H.H. Shri Mataji, Chelsham Road, London, 2nd April 1982.

It is further amazing to share an interesting fact as a yogini fondly recollects, "on one occasion, many years ago in London, Shri Mataji spoke to us about star signs. She mentioned that Lord Jesus, the great incarnation of Lord Ganesha, was born under the sign of Scorpio, which is the sign of death and resurrection. He was actually born at Diwali, which falls at the time of year which is Scorpio in the astrological calendar.

The Chakra of Lord Jesus is the Agnya and this is the Chakra associated with the light element. So it is only right that Diwali is the festival of lights. Also, for the Christians Lord Jesus came as 'a light to lighten the darkness', so again there is that connection to light.

The reason why Christmas is celebrated as the birth of Christ is because for nearly seventeen hundred years this has been traditional in most of the churches. The ancient and politically powerful Romans adopted Christianity in the third century AD, and changed the date of Christmas to the 25th of December, because of various pagan Roman festivals which fell on and around that date. So now Christmas is on that date".

How fortunate are we, the Sahaja Yogis to be here - the collectivity of the realized souls - to celebrate the Diwali Puja today and also shall be fortunate to celebrate the Christmas Puja 2006 later in December on this holy land of Nirmal Nagri.

The day seemed to be quite joyous in spite of the day's heat and the hectic schedule. The evening although turned cooler, but traces of cloud could be seen hovering in scattered fashion. The Nirmal Nagri wore quite a different look today. It was cheerful and joyous, every heart desired to get their best out of the best.

The internet news had already brought a lot of joys in the hearts of yogis since early this year, as we could learn of Shri Mataji's good state of health, the best of moods, the shopping in UK and above all Her Joining the singing choir to sing a full stanza from the Bhajan- 'Ma Teri Jai Ho, Teri Hi Vijaya Ho' (Her own composition) in USA. It was now that all eyes were waiting for Her Holy Darshan in the Diwali puja that was announced for 5.30

in the evening. It was tremendous joy to witness the movement of the 13-15 thousand collectivity, that had gathered in Nirmal Nagri from across the world to offer their puja on behalf of the entire globe at Her Holy Feet of Shri Mataji in Her Mahalakshmi Form.

As a matter of casual approach almost every heart felt from their previous experiences that the puja schedule announced always happens to be much before Mother's actual arrival. Although the Puja was announced for half past five, the entire collectivity even at five in the evening wore a very casual look, little realizing what transpired behind as the divine play. Shri Mataji Herself was ready to accept the puja even before the scheduled time. Was it the vibrated land that was keen to welcome our most Holy Mother, or was it Shri Mahalakshmi Herself desired to revisit the land to accept the puja? Or was it, that Mother could not resist Shri Ganesh's seeking from inside to give Her Holy darshan (divine glimpse) even before time. So, Shri Mataji decided an early start from Pratishtan (The residence of Shri Mataji - approximately 15 Kilometres away from Nirmal Nagri) even before the announced time for the Puja.

Suddenly, a cavalcade with fleet of cars was seen trailing behind our Mother's vehicle in a precise protocol with the pilots in front near the Nirmal Nagri gate at quarter past five. It was the most exciting event that all yogis were seen rushing to settle themselves in the main pandal to welcome the arrival of our Holy Mother just in the precise time. As if all hearts were singing in Her Praise: 'Subhamangal maya Divas hai aya.....Adi ShaktiSwayam Hain Padhari' (The very auspicious day has arrived when Shri Adi Shakti has arrived Herself).

It was then a long pause that the Yogis

experienced from the other side of the covered curtain, while Shri Mataji arrived in the inner room (especially decorated for Her) adjoining the stage and spent some time. The vibrations spoke for itself for Her Holy presence. Then suddenly the choir sprang alive with 'Swagata Agat Swagatam' >Welcoming Mother with the curtain still closed on the stage at quarter to six in the evening. The stage wore a divine look as the curtains were drawn apart slowly all eyes were trying either to catch up the faint projections of pictures on the erected four giant screens across the main pandal or the stage itself. The evening sky wasn't still dark enough to brighten the picture quality on the screens. It was then the time for the 'Jaikara'(call for a collective 'jai' in praise fo our Holy Mother) for 'Shri Adi Shakti Mataji Shri Nirjala Devi' followed by a jaikara for our beloved Papaji, Sir CP. Sir CP then took the mike to announce the Holy message of our most beloved Mother, Shri Mataji to the collectivity of the world in his typical steady diction addressing in Hindi.

He said - "Shri Mataji has conveyed to be told to you that... We are all one; there is only one God (Paramatma). There is nothing more left to be said. She has worked for the cause and benefit of the mankind with Her untiring efforts and journey for the last 35 years across the globe. Now that we should forget that we are different. We are all one and should work together shouldering all the responsibility to spread Her message through out the country to make Her vision come true".

Shri Mataji was staring deep within the collectivity and at times compassionately staring at our beloved Papaji as if nodding in affirmation. Her very looks reminded us of the popular bhajans 'Pyar Bhare yeh do Nirmal Nayan' (Love filled these two pure eyes...). As if our hearts were melting as we were blessed

with Her holy darshan then. It was indeed this very moment that thousands of seekers were waiting for.

At quarter past six the children, the little Ganeshas were seen rushing upto the stage to offer their puja with flowers at Her Holy Lotus Feet with the Shri Ganesh-artharva-shrisham. Followed by Prayer bhajan 'Vinati Suniye Adi Shakti' and then puja bhajan with Shri mataji's 108 names 'Jago Savera'. It was then followed by Shringar bhajans as seven married ladies held the curtain before Shri Mahalakshmi for the shringar with 'Mahamaya Mahakali', 'Tujhya Pujani' and 'Mahalakshmi strotram.'

Exactly at seven with the offering of Arti and chanting of the three maha-mantras, the Diwali Puja at Her Holy Lotus Feet in Her Shri Mahalakshmi Form was concluded.

Our most holy Mother, it is indeed a blessing to be here today as we pray collectively on behalf of the Sahaja Yogi brothers and sisters across the globe that may our offerings of millions of pranams at Your Holy Lotus Feet being completely surrendered within and expression of our heartfelt gratitude for accepting the Puja be kindly accepted by Your holy grace.

It was then the time for a wonderful and colourful firecracker display that filled the entire span of the sky over Nirmal Nagri, celebrating the joy before Shri Mahalakshmi. The little Ganeshas were excited and were seen jumping in excitement as they enjoyed the display while, Shri Mataji Herself seemed very happy and pleased staring deep into the high air, acknowledging the love display that Her children had to offer at Her Holy Lotus Feet on Diwali. The vibrations were tremendous and phenomenal.

While the firecracker display

continued in the high air, various country representatives from hosting countries, national and internationals queued up on the stage to offer their gifts to Our Holy Mother. The gifts were offered from countries like India, France, Australia, Switzerland, Portugal, Italy, Bahrain, Hong Kong, Austria, Malta, Ireland, Bulgaria, Greece, Russia, Argentina, Romania, USA and many more. The Mahalakshmi tattwa seemed to express itself with the over pouring of generous amount of donations for the development of Chhindwara Project (the Holy birthplace of our beloved Mother) from various nations along with the other gifts.

As the offering of gift was drawing close, there was an announcement made for the forthcoming schedule and venue for hosting the international Christmas and Birthday Puja. The Christmas Puja 2006 seminar will be hosted in the Nirmal Nagri, Pune itself on 24th, 25th and 26th December 2006, while the Birthday puja 2007 seminar will be hosted in Chhindwara, India on 14th, 20th and 21st March 2007. There was a big applause as everyone expressed their joy as if a long cherished desire was being fulfilled. It was almost half past seven or quarter to eight that the curtains were drawn and the collectivity stood up with

palms open amidst fountain of vibrations with incredible gush of strong wind that brushed past the collectivity with droplets of rains.

It was as though the rain god (Varun Devta) along with the ganas were over joyed with Her arrival and the Puja in that holy land that it could not help express its joy along with the collectivity in form of downpour delicately not to disturb the Sahaja Yogis enjoying the vibrations. Gradually the droplets of rains coalesced to form larger drops and finally to fall as drops of rain just enough to drizzle to a light shower for half and hour after Mother's departure. It seemed to be heavy enough to cool us down with vibrations and spread the mundane fragrance of the Earth all around, but not really that heavy enough to soak or to freeze the yogis in attendance there under the open sky. The climate grew very pleasant as the eight and half thousand yogis who were camped in the Nirmal Nagri enjoyed the rest of the evening recollecting their personal experiences, while the floating collectivity of another five to six thousand left the venue gradually carrying with them the vibrations of a very significant Shri Mahalakshmi Puja.

Jai Shri Mataji

Rabi Ghosh (India)
(Internet Version)

GURU PURNIMA - 2006

(A Report)

Tuesday 11th July saw the actual Guru Purnima. The moon was full and high over Cabella, many Yogis gathered in the courtyard outside Shri Mataji's house. There was an atmosphere of devotion pervading the air as everyone prepared to pay their respects and offer their devotion to Shri Mataji.

Individually Shri Mataji received each collective and they offered flowers and gifts. Nation by nation they came, then collective by collective until finally the Yuva Shakti and then the children from Dharmasala school offered Her flowers. There was a beautiful embroidery by Iran which had taken 1,900 hours to complete and featured Shri Mataji in the middle with the names of other Gurus around Her.



Vishwa Nirmala Dharma Religion in Spain

Wednesday, July 19, 2006



Dear Brothers and Sisters,

It's a great pleasure for the Spanish collective to announce that as of 31st of May 2006, Vishwa Nirmala Dharma has been legally registered and acknowledged as a religion in Spain.

An ancient desire of the Spanish collective has just become true, thanks to *Shri Mataji's blessings: Vishwa Nirmala Dharma has been legally acknowledged as a religion.* After a long time of documentation preparing and numerous administrative procedures, we finally got the positive response from the Ministry of Justice.

The Spanish Sahaja Yogis hope that this will be the first step in the legal and official acknowledgement of HH Shri Mataji Nirmala Devi and Vishwa Nirmala Dharma in Europe and in the whole world.

1000 Months of H.H. Shri Mataji's Incarnation

(Celebrated In Italy)

on July 21, 2006 Shri Mataji completed exactly 1000 month on Earth (i.e., 83 years and 4 month). This is an extremely auspicious day that is comparable to the usual Birthdays (March 21). Italy is the most

fortunate country to host and celebrate Shri Mataji on such a day.

Best wishes to the Italian collective.

Adrian Vaslu
Jai Shri Mataji
(Internet News)

Honorary Citizenship To Be Conferred Upon Shri Mataji

(29th June 2006)

It is with great joy that we announce the Honorary Citizenship to be conferred upon Shri Mataji Nirmala Devi.

The local assembly for the Municipal Office of Cabella Ligure, Alessandria Italy met recently and unanimously elected to award Shri Mataji with the Honorary Citizenship of Italy. Holding Shri Mataji in the highest regard this Honorary Citizenship has been offered in recognition of the Her great works and life enriching experience. Great prosperity and peace has been brought to the valley of Val Borbera since 1991 when Shri Mataji first took up residence here in

Cabella Ligure in 1991.

With this good news flowers were offered to Shri Mataji, She was very pleased by this gesture and sent all Her love to all those well wishers and local citizens who have actively supported Sahaja Yoga activities throughout the years.

On the 8th July there will be an official gathering to formally present Shri Mataji with Her honorary citizenship, attended by the Mayor of the Municipal Office of Cabella Ligure and other local dignitaries.

(Internet Version)

Inauguration of Second Ashram By Sahaja Yoga Society

(West Bengal Chapter) Kolkata (30.5.2006)

Kolkata S. Y. Co-ordinator Sh. Himanshu Shah informs as under :-

ALARTI ASHRAM



JAI SHRI MATAJI

With the blessings of Param Pujya Shri Mataji, we the Sahaja Yogis of West Bengal could purchase the land & start two Ashrams. The details are as under:-

In the year 2004, 50 km from Kolkata in rural Bengal a land was purchased and Ashram constructed where nearly 200 people from nearby villages come and meditate.

ADDRESS : ALARTI ASHRAM,
Distt: HOGHLY, WEST BENGAL.
AREA : 10 Kottahs i.e. 7200 sq.ft.

In the year 2005, in the heart of Kolkata a beautiful Ashram has been

purchased & the total land is free hold and duly transferred in name of Sahaja Yoga Society, West Bengal Chapter on 31.3.06. All Nirakar Pujas are held here.



ADDRESS : 43/1, ASHOK SHASTRI NAGAR, HARINAVI, KOLKATA.
AREA : 18 Kottahs i.e. 12960 sq.ft.

In future we can construct another 3 storey.

Himanshu Shah
Kolkata

~~~~~

## The Purpose of Being Incarnated on This Earth

*(The positivity lies in understanding why we are here first of all)*

*(16-07-1983)*

"Now these Dharmas, as I have told you many times, are ten, and we should look after these ten Dharmas in a very careful manner. These are expressed outside, but whatever is inside comes out. Now I find when you people talk, and you say things, I know that this person is negative, that person is definitely positive. There are so many ways of expression of positivity but how I know that I cannot tell you because I don't know how to tell you that, but I just know that such a person is definitely positive and such a person is negative. The positivity lies in understanding why we are here first of all, why are we on this Earth? Why are we human beings? In understanding, what are we going to do about it? Why are we Sahaja Yogis? What a Sahaja Yogi has to do? What is his responsibility as a Sahaja Yogi? Then he moves forward to understand: why Mother is so kind to me? Why have I got vibrations? Why am I among the very few who have got this special blessing?"

Introspecting on the above lines of our Divine Mother and taking refuge in the words of Rabindranath Tagore.... "*into the Heaven of freedom let our soul be awake*"

**The answer below was given by a yogi:**

***The positivity lies in understanding why we are here first of all, why are we on this Earth? Why are we human beings? In understanding, what are we going to do about it? Why are we Sahaja Yogis? What a Sahaja Yogi has to do? What is his responsibility as a Sahaja Yogi? Then he moves forward to understand: why Mother is so kind to me? Why have I got vibrations? Why am I among the very few who have got this special blessing?"***

These are fundamental questions that a seeker asks when he or she first starts seeking. Firstly, when a person is not a Sahaji it becomes a very deep analytical process where one tries to define life and everything that is around him in terms of the "reality" that exists around them. A book like "Zen and the art of motorcycle riding" - which has more to do with personal analysis than motorbike riding, is a good example of a seeker going to the point of nothingness without getting an answer because the answer does not lie there. When we then start reading Carl Jung and Socrates and the works of other great realized souls (without knowing what realized souls are at that time before getting our self realization) we come into a different perspective about life and "reality".

### ***Why are we on this Earth?***

The purpose of human evolution is to reach Godhead-achieve the yoga with the Divine-where the reflection and the reflector become one and the same. But first to reach the human stage of evolution is necessary for the reflection of God Almighty lies in the hearts of Man and not in His/Her other creations. That is why it is not a sin to kill animals for food or security but it is a sin to kill another human being.

Having been bestowed with the awareness of human beings the awareness seeks to satisfy itself by going further and looks first at the immediate surrounding and engages in matter, material, and other physical, emotional and mental stimuli to fulfill itself. Without a spiritual dimension to it the awareness is soon reduced to a sensual and artificial ex-pression to which it succumbs and becomes lost in the Maya of worldly life-

until it either dies and is reborn OR GETS SELF REALISATION.

***Why are we Sahaja Yogis? What a Sahaja Yogi has to do? What is his responsibility as a Sahaja Yogi? Then he moves forward to understand: why Mother is so kind to me? Why have I got vibrations? Why am I among the very few who have got this special blessing?***

The only people who have been given the ability to cross the Sea of Illusion (the void) and raise the awareness without getting lost in the mire of Maya's web are those who have their self realization through Shri Mataji who She calls as Sahaja Yogis. SYs are not here by accident but are here now at the end of Kali yuga to receive the boon of eons of cycles of birth and deaths that they have been through and have attained the state of worthiness to enter into Her realm. Not all Sahajis will be saved. Immaterial of where we are, we are subject to so many tests and only those who are steadfast and live by all the principles and tenets of divine laws will make it through the doors before it is closed. Since the Adi Shakti Herself has given us our connection by Kundalini awakening, which is her pure desire, to the whole we must respect and

value it more than our life itself as life is meaningless without the connection. Hence when we place Sahaja Yoga above all else including our family, work, marriage, life-everything, and rest our Attention at the Lotus Feet of Shri Mataji, we enter into this realm where a separate reality exists within the framework of the 3 dimensional world we live in. Working out the negativities of the world in the subtle level without speaking or being told but by just knowing-always in a state to receive the vibrations through which we receive our instructions on what has to be done without knowing what is to be done-in complete silence and thoughtless awareness, knowing and recognizing our position in the plan of the divine and not questioning our role nor having any doubt about what is to be done by being the complete instruments of the Divine to work Her will on us to achieve the emancipation and salvation of Mankind and finding complete satisfaction in so doing where the Awareness has finally merged with its purpose and is completely satisfied by being dissolved in its nothingness-that is the state of the ultimate union with the Divine-the state of Sat Chit Anand.

-Jai Shree Mataji  
(Internet Version)  
(5.5.2006)

## Ram Navmi Puja

*(The text of the talk given by Her Holiness Mataji Shri Nirmala Devi  
on the occasion of a short puja performed at Noida House  
on 05. April, 1988, Shalivahana Shaka 1920)*

As compared to Maharashtra Navratri of Chaitra month of Shalivahana Shaka (Dynasty) from Pratipada to Navami is celebrated with more grandour in North India. In Maharashtra the birth of Shri Krishna (Shri Vitthala i.e. Shri Krishna as a King) is celebrated with religious fervor as 'Gokulashtami' Shri Vitthala was the eighth incarnation of Lord Vishnu, was born at 12:00 noon on the ninth day of Chaitra month. This day is called as Ram Navmi.

Mataji, Shri Nirmala Devi also incarnated on March 21, 1923 at 12:00 noon, like Shri Rama, in Chhindwara, Madhya Pradesh. Chhindwara is situated in east-west and south-north directions where two lines meet. This date of birth is as per calendar based on lunar months. But as per the calendar based on solar months, Shri Mataji's birthday was due on the first day of the first month i.e. Chaitra month of Shalivahana Shaka 1845. In Maharashtra the first day of Chaitra is known as Gudi Padwa. This happens to be the birthday of Shri Mataji as well as the day of coronation of King Shalivahana. Now Shalivahana Shaka 1920 commences from March 28, 1998 as Chaitra Pratipada, the first day of the first month.

Shri Ram was the ideal husband where as Shri Sitaji was an ideal wife and the Children born to them, known as Lav and Kusha, were also the ideal sons. Shri Rama wanted to establish the high ideals to be emulated by humanity. Socrates, as you all know called him 'A Benevolent King'.

Actually all the events that occurred in the life span of Shri Rama like 'Ahilaya

Uddhar', 'Moksha' to (Adiwasi woman Shabri), Killing of Bali, who was the king of monkeys, who was doing Adharma, as well as the killing of Ravana because he kidnapped Shri Sitaji, to establish the rule of 'Dharma'. Actually, Shri Rama was 'Dharmatita i.e. Beyond Dharma. But strictly speaking, Dharma was in born in him i.e. he should be called 'Dharmasthita'. He was the embodiment of Dharma.

To uphold the maryadas of the throne he renounced Shri Sitaji (who was very dear to him), simply because people doubted her despite her crossing the fire (Agnipariksha). Shri Sitaji herself also left Shri Rama, in a way in the end after bringing up her children nicely; who had acquired all Vidyas and had mastered the art of Archery, so much so that they defeated their own uncle Shri Laxmana and ultimately Shri Rama had to come to fight with them to free the horse of 'Ashwamedh Yaganya' But Shri Sitaji who stood on 'Dharma', intervened and averted the fight between the father and the sons.

Shri Rama in his own way, acted in life as if he were acting in a drama, forgetting that he was a Divine incarnation. But later on, when he incarnated as lord Shri Krishna, he was alive of his powers and used them diplomatically and punished all the Rakshasas one by one.

Shri Rama was also a great Devi Bhakta i.e. devotee of Shakti. Before attacking Sri Lanka he performed Devi Puja for which he needed a Brahmin for conducting various rites (sanctified acts) to please the Devi. He then sent for Ravana

the king of Sri-Lanka who was a Brahmin and Devi Bhakta. He readily responded and helped Shri Rama in performing the puja of the Devi with all nine types of rites.

Had Shri Rama been of a cunning disposition, he could have killed Sri Ravana then and there but he was a 'Maryada Purshottama' (A righteous person). He did not do such a mean and irresponsible act. They were enemies but while performing the puja the enemy was completely forgotten.

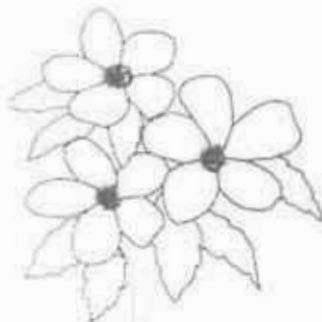
Even his sevaka (most obedient disciple) Shri Hanumana was an ideal disciple to be emulated by all the Sahaja Yogis. He was of great powers. He is an innocent personality of a very high order, always keen to perform the task set out for him by Shri Rama. Later on also He appeared during the incarnation of Shri Vishnu as Shri Krishna and used to ride on the top of the chariot of Shri Krishna. He is known as 'Chiranjeev', an eternal being, one

of the seven eternal personalities. *He also comes and helps me and performs all the tasks assigned to him. He is always present in all my pujas and on one occasion he had been visible in vibratory form, in one of the photographs taken in Bombay.*

So character of all these great personalities are to be emulated by all Sahaja Yogis in their life styles to achieve their ascent in Sahaja Yoga. May all of you follow such great characters and be successful in achieving the high ideals of human behaviour. You should bestow love and compassion on each other and on the people you come across in your lives and become ideal Sahaja Yogi brothers and sisters.

*May God bless you with eternal blessings.*

(Internet Version)



## INNOCENCE

Deep in our heart we feel the longing for a most loving and most powerful state of being. Innocence is that state, it is power itself. And, at the same time, when innocence is lost, we are faced with the eruption of the worst destructive forces within us. In the West, alas, innocence is absolutely lost. Eyes are turned here and there towards all sorts of nonsense. The attention is sucked by funny things which are thrown at us by the medias, the television, the magazines etc. It is as if people would now relish dirt, filth, violence and crime ! When we hear the way non Sahaja Yogis sometimes talk we could really become very angry, not so much with the persons themselves but with this special kind of negativity which is trying to destroy our race and to bring us down to a much lower level than animals.

This anger that we, Sahaja Yogis, sometimes feel, is a very good thing, it is the wrath of Shri Ganesha within us. While joy in Sahaja Yoga is the incentive to grow, wrath is the incentive to fight. And as we are the children of the Devi we know that we will win every single fight; realizing this we feel tremendous confidence and security within our hearts. We are the

children of the Devi. "O Mother we cannot thank you but with the strong wish to establish the kingdom of God on this earth, to bring back the lost paradise."

Fighting, of course, is also a matter of being clever. As our Mother very clearly tells: "If you can fight negativity fight it; otherwise run away." Innocence gives us the finest sense of tactics and strategy. Innocence is spontaneity. Spontaneity is wisdom. When this wisdom grows within us the Spirit shines more and more.

Before I came to Sahaja Yoga I was all the time with friends who had no sense of innocence at all. Although I was feeling that innocence is a beautiful and holy thing I was unable to defend this subtle feeling against my environment. So, one of the blessings I got out of Sahaja Yoga is the full understanding of innocence and the possibility to spread this understanding to friends and students I meet everyday in the University. Therefore I pray to our Holy Mother that we all should have growing opportunities to raise Kundalinis. Awakening Kundalini is awakening and celebrating Innocence.

*JAI SHRI NIRMALA GANESHA !*

-Engelbert, Vienna  
(*Nirmala Yoga - 1983*)





## What is Praying?

Prayers have a great importance in human life. What is praying? It is an expression to one's desire and requesting and soliciting its fulfilment, to a power that is far superior and that, one knows, would bestow what is desired. Praying suggests accepting one's inability to accomplish the objective only through one's own efforts. It is surrendering to the will of the power, to either grant or reject the request, although response in the positive is generally assumed.

Right-sided persons are over-confident of their capabilities, and have no faith in praying whereas, left sided would only desire and pray, without making any efforts. However, right sided people, on failing to achieve what they desire, turn to praying. As has been seen on many occasions, after doctors express helplessness people seek Sahaja cures, which involves, praying for the self-realization and recitation of mantras besides other treatment.

Although praying would appear to be a left-side activity, its origin would be from right side at personal level, as their orientation is to achieve limited personal ambition. In such cases, the prayers could possibly be the result of egotism and would come from ego not from heart. Even pujas are performed, by some people desiring a materialistic reward, which is again a right-side activity. Puja-mantras are the prayers invoking the deities to be present for the puja and accept offerings.

However, praying would help balancing over-active right side provided the recitation of prayers is done from heart and with complete surrender. ***It is not just***

***muttering of words that makes a prayer, but sincerity of heart that is associated with it.*** Also, it is important to discriminate so as to avoid reciting the prayers that have left-side bias. It is essential to recite the compositions of realized souls. It is also equally important that one should be clear on all chakras, at least on vishuddhi, so that mantras and prayers invoke good vibrations and become effective. Before the recitation, one should improve vishuddhi by saying "*Om Twameva Sakshat Sarva Mantra Siddhi Sakshat Shri Adi Shakti Shri Mataji Shri Nirmala Devyai Namo Namaha*".

Sanskrit synonym for the word prayer, is 'parthana'. i.e. 'pra+arthana'. Arthana is requesting or soliciting. Shri Mataji has advised us that words having prefix 'Pra' suggests enlightenment. Hence 'parthana' is an enlightened prayer, is a prayer made by a person who has got his enlightenment. Enlightenment comes from the Spirit. Hence such prayers are the expressions of desires of the Spirit. They have the power to turn one's attention towards Atma, and kindle the spark of desire in every one's mind, to seek the ultimate. They inspire those, in whose hearts the spark has grown into a flame, to go deeper and closer to the Spirit, e.g. Om Brahma Medhase/Madhu Medhase/ Brahmaiva madhu medhase (please give me Brahma, please give me honey i.e. sweet. Brahma alone is sweet.) Many vedic mantras are prayers to different deities requesting help for seeking the ultimate. Great sages of ancient lore have prayed even to the Sun, Moon, Wind-God (Vayu) and Varuna (rain God) and also to water to give them strength so that they could attain the realization of Atma. It is interesting to see the following prayer.

ॐ आपो हिष्ठा मयोभुवस् ता न ऊर्जे दधातन।  
महे रणाय चक्षसे।।

*Om apo hishtha mayo-bhuvastana urje  
dadhatana. Mahe-Ranaya chakshase.*

O water as you are pleasing, give us food and protect us for attaining Self-realization which is extremely blissful.

By the grace of Shri Mataji, Sahaja yogis have got their enlightenment. Hence prayers composed by them, or their recitation of the prayers composed by other great saints & prophets would be 'prarthana' in real sense. All the deities are awake within the Supreme Goddess and respond quickly when invoked in Her name. Our brothers would certainly allow us to seek their indulgence and help us.

Humbly approach Shri Ganesha at Mooladhar and pray for his blessings and to give us his innocence & purity so that we become loving children of our Mother keeping absolute faith in Her, and request him to join us to pray to Her to keep Her form in good health for years & years.

With Shri Ganesha's permission respectfully pray to mother Kundalini to clean our subtle being and develop the flickering flame of our Spirit into a big torch, that would be one with Supreme Spirit. Then pray with her to Sakshat Shri Mahakundalini to be ever present amidst us in Her present form and give realization to all the seekers.

Bow to Shri Brahmadeva, the God of creation, whose four faces are said to be four Vedas and his shakti, Shri Saraswati, Goddess of knowledge and art. Pray to him, in the name of Shri Mataji, that we enjoy the beauty of his creations rather than thinking and planning about ours. Surely, Shri Brahmadeva and Shri Saraswati would pray

with us to Cosmic Mother Jagadamba, the creatrix of everything from Brahmadeva down to an insect, to protect and guide all the seekers, in Her present form, for ever and ever.

Thereafter, with complete reverence approach the sustainer of creation, the protector of Dharma, and his power Shri Lakshmi. May his qualities be awakened in us, so that we work tirelessly for the divine cause of propagating Sahaja Yoga. May he allow us to pray along with them, to Adi-shakti, that all satanic & adharamic forces be destroyed.

Obeisance to Primordial Master, at Bhavasagar, who came many times in the world, by the instructions of Adi-shakti, to help man-kind evolve itself. Seek his forgiveness for the illtreatment meted out to his incarnations. Our sincere desire is to be the instruments in the myriad hands of Param Parameshwari. May the qualities of Primordial Master be inculcated by us.

Surrender before the Father of the Universe. Existence of all existences. Again and again pray for being pardoned as we are engrossed in the illusion, ignoring the reality. May our attention ever rest at the feet of our Cosmic Parents who are one as words and their meaning and are manifesting themselves as our Beloved Mother. May our endeavour be to always please Her.

Salutations to Shri Krishna and Shri Radha who showed the divine play as a child and also showed true Virata cosmic form having myriads of hands, faces and legs, encompassing within his being every living and non living thing in the universe. He played and danced with every milk-man and milk-maid and awakened their kundalinis and

at the same time transcended above them, thus proving that Supreme Spirit is all-pervading and foundational to all existence and yet uninvolved and unaffected by it. May Shri Radha & Shri Krishna, one as Sun-rays and sun-light, within our Mother, lead us to the perfect witness state. May the Mother of entire creation be amongst us in good health for years & Years.

Let us approach Shri Jesus and Shri Mary after repeating Lord's prayer. Remember, "forgive us of our trespasses, as we forgive those who trespass against us". ***We deserve God's forgiveness only after we forgive others.*** May he help us grow in our awareness beyond our narrow individuality. May he confer upon us his dedication and love for our Mother.

Sahasrara ! Integrated and subtle universe ! The kingdom of God placed in every human being. Our Beloved Mother is the Empress, Raj-Rajeshwari of the kingdom of God, Rajya-dayini, the conferrer of the kingdom of God. She has granted liberally all boons and all that is auspicious to Her children. Let us not forget that She is Abhyasati-shaya-Jnata. (अभ्यासातिशयज्ञात, known through tremendously long practice). It is only through the intense meditation that we can know Her. Let every Sahaja yogi make a vow to accept Her every spoken word and not to be casual in her presence; to devote whole heartedly to the cause of Sahaja Yoga. May the kingdom of God be soon established in the universe.

**Om Twameva Sakshat Sarva Mantra Siddhi Sakshat Shri Adi-Shakti  
Shri Mataji Shri Nirmala Devyai Namah**

(Nirmala Yoga 1983)



## WE SAHAJA CHILDREN

From the first wave that gave us birth, resounding through the universe,  
From the first sound we were born, to reverberate through the resounding world.

Of father's eternal auspiciousness and Mother's Joyous love and innocence,  
Of spontaneous play and freedom dance, of eternal longing we were born.

To give meaning to sanctity, to return essence to sacredness,  
To give vein to joyous song and mirth, and flow in freedom throughout the earth.

For of our Mother's womb we were born, and once more from Her crowned head.  
And in both were unctuous joy and love, and immaculate glory overspread.

Like a fabric She takes the cosmic sounds, rends and from the rents give forth,  
Eternal sounds that dance like men, and to eternal glory return again.

Like bees round nectar drinking deeply, soul deep round the sacred cup,  
In sacred innocents cheerful shouting, crowd thick around their Mother's lap.

Like lotuses waving in the wind, each one filled with sacred strands,  
And bowing to each lotus head with wings outspread, filling deep their lotus hands.

Lotus like born of loving softness, returning softness born of love,  
Each one filled joyously resounding, the softness of the eternal word.

Each with sacred love cascading, each with love sacred overflowing,  
Each to cosmic love surrendering, Eternal lost in eternal love.

Each child longs to meet its Mother, drowned in Her fulfilling love,  
Each one longs to peal with laughter, and pour his love into the flood.

Each one pouring with reverence flowing, the glory that is of his birthright,  
Each in glory deep entwining drawing, the threads of eternal union tight.

Each one brother to the other, sister to each others love,  
Proving in their close communion, the boundless limits of their Mother's love.

Embraced in the all encompassing, filled with the all pervading,  
Swimming in the all-containing, dissolving in the all sustaining.

AMEN

-Dr. Rustom  
(Nirmala Yoga 1983)



## H.H. Shri Mataji's Advice

Chelsham Road, London 24th May, 1981

(Subconscious, Supraconscious and our correct Foundations and ideals)

**QUESTION :** What are the curing powers coming from the supraconscious as there are so many people who are curing other people with supraconscious power and what is the difference between this curing power and curing power of the Kundalini?

**MOTHER :** There can be two types of curing power. One could be those who get the power of the collective subconscious and those who get the power of the collective supraconscious. Both can cure depending on where the problem is. For example a person with the power of the collective sub-conscious can cure problems of the left side And a supraconscious person can cure the physical side.

We have two types of people in India known as Mantrikas and Tantrikas. The Mantrikas are those people who go to the funerals and cemeteries and they try to capture the dead spirits. These dead spirits are of the sly type. These sly spirits are the so-called 'social workers' or 'busy-bodies' trying to help others. They are in the category of Chaturvarnas or Vishudhras, the people who believe in serving others. They appear to be good people because they want to serve other people and help others and that is why they do not want to die and want to stay around the earth planet. One could call this a 'servant class'. They are absolutely servile. They like to be whipped, beaten up and be ill-treated. They are another extreme. They enjoy a horrid type of existence-they are masochists. All such dead people are around us and they are left-sided bhoots i.e. very timid and clinging. These mantrikas get hold of such dead people and tell them to do

this work or that work, control this or go there. And these bhoots feel very happy about it as they are servile. So, if there is someone suffering from a mental problem, for example, someone of his has died then he gets a mental push-back into the collective subconscious and gets possessed. Such people go to the Mantrikas and these Mantrikas tell the dead spirits that you have been troubling this man for a long time and you leave this man. So they remove this dead spirit and put another dead spirit in its place and tell the first dead spirit that he can get another body to go to. These Mantrikas are the mediators or liaison officers. They catch hold of these spirits and remove them from one man and put them onto some other person. So the first person is 'cured'. For example, there was a lady whose husband used to drink quite a lot. She went to one of the lady Mantrikas who said she will cure her husband but the lady must pay Rs. 100 for that. So She put a dead spirit on this man by which the 'bhoot' of the drunkard on him was removed. So this man gave up drinking but he started going to races. Then she solved that problem by removing the 'races' bhoot" and put another one by which he started going to dirty women. Now this lady got frightened. Every time she would pay Rs. 100 and had ended up by paying a lot of money. Then she complained to the lady Mantrika about it. After that she found that her husband was doing all three things together. So She went to fight with that lady Mantrika, who put a bhoot on her too. Since then, that woman is still mad and I have not been able to cure her. She is a very

goodlooking woman married to a very rich man who owns a factory and this is the life both of them are leading i.e. burning the candle on both ends. This is the case of the subconscious people.

The second case is of the people of supraconscious type. For example "Dr. Lamb's International Curative Centre" "International bhoots" he had! You have to write to them that you are suffering from such and such disease. All the dead supraconscious people the very ambitious type i.e. all the 'great' doctors, all the 'great' lawyers, all the 'great' scientists, all the 'great' engineers and architects, Hitler and all such 'great' warriors gather on the right hand side. When Dr. Lamb died he met all his friends there and he could communicate with them because these doctors did not want to die as they had been experimenting with this or that. So they started Dr. Lamb's Clinic. Now this Dr. Lamb who died lived in London and had a son. Dr. Lamb's spirit attacked an ordinary soldier in Vietnam and told him that he was Dr. Lamb from London and that he better go to his son and tell him that you want to start such a clinic. He did not attack his son as he knew that his son would not be able to bear him as the son was not healthy. He wanted a very healthy and sturdy man whom he could possess.

So the soldier went to his son and said that "your father is within me and he wants to open a clinic". The son would not believe it. So the soldier went into a trance and told him that I have got some money in a secret place kept for you and he had talked in secret about it. So the son believed and started the clinic for him. He gave all that money for the clinic. And all the 'Bhoot doctors' were helping this man to act whenever he wanted and an

intercommunication was established on that level i.e. the collective supraconscious. A lady who was suffering from high blood pressure, kidney and uterus problems went to them. They told her to write a letter to the Centre in London who wrote back that on this particular day, at this particular time we will appear within you and cure you but you must lie down in your bed. On that particular day and at that particular time she started shivering and one of the 'dead doctors' entered into her and she got cured. For one year she was alright. But then she started feeling very dizzy. When she came to me she was in a tattered condition. Absolutely Finished. She knew that a spirit had come in her at the time she came to see me. She said and knew that there were at least ten or eleven within her and she could not bear them. So this kind of curing also can take place from the supraconscious. Supposing there is an architect and he approaches such people he can get the spirit of a dead architect upon himself. Now this Jack the Ripper was possessed of the spirit of a dead ripper. One has to have an inclination for such things. This weakness is there within such people, that is why they are easily possessed. Otherwise it does not happen. Only if you are weak in mind and have weaknesses for such things, then these dead spirits can catch hold of you. If it has something to do with your physical side then the supraconscious can help you. If it has something to do with your mental side then the subconscious people can help you. But they help you very temporarily and then come back with a big foursome.

But Sahaja Yoga makes you so powerful and so pure that impurities just fall out. It is a cleansing force. It is a very different thing where your intention is not to

cure but as a by-product people get cured. Now many dynamic things are happening. In Australia I met an Australian couple who were journalists and the lady was the president of the Journalist Association of Australia. She could not conceive. Doctors said she can never have a baby. Still they kept having tests done as the husband wanted a baby very much. But after coming to Sahaja Yoga she conceived after about fifteen years of marriage. Now her entire idea of life has changed. First she indulged in all kinds of therapies. She was a Catholic to begin with and then went to different gurus and tried different therapies. She overcame all that after coming to Sahaja Yoga. Now she finds the answer physically for I have made all bhoots get out of her. Now she said she is going to expose all such people. I told her that if she could write what these people are doing she would be able to show that this is madness. And once you have talked about it then you can prepare a base for Sahaja Yoga and then show that this is the reality which makes you sane, powerful and loving. Then only people are going to get convinced. Sahaja Yoga achieves miracles, on the material level, on the mental level, on the emotional level and ultimately on the spiritual level. You are all endowed with such tremendous powers for you are realised souls, and if you want to give realisation you can. For example, this lamp which is enlightened may be unclean or may not be good to light but once it is lit it can enlighten others. Similarly your Spirit is pure. But we have to fight all those 'bhoots'. On the unlimited I am working very hard. That is how they are exposed. But on the limited you have to work hard. To fight, you should prepare yourself to fight these evil forces for they are the ones who ruin your own being. There will be a big depression coming on and

people will just obstruct it. They will trouble you like anything. But you have to fight it and for that you should be evolved. It is strange that all great people, children of God, men of God, are born more in the west than in the east. They have been born in countries where there is a lot of affluence and they do not have so much poverty and troubles and these are the very people who are lost. For, the modern concept of life is to make something that can be demolished very easily. We should realise that the reason for this is that our foundations have been made very weak by the satanic forces and they have built it since long. That is why our ideas are very weak. In the west if you observe the behaviour and life-style of the kings and the queens, and the kind of life the people lived was so debased and horrifying. Even what the so-called "religious" people and the Catholic churches did was so horrid that these very foundations were shaken. Now you have to rebuild your foundations. You have to lay new foundations for dharmic life. You have to absolutely accept the dharmic way of life. That is the only way to make your foundation strong again.

In India the foundations are good especially in Maharashtra, but the yearning and aspiring is not there. For example, an aeroplane which is so perfectly built that it can never fly. And another aeroplane which as soon as it flies goes into pieces. So one must realise that the damage to our foundation by the satanic forces is much deeper, much more subtle than what you understand. You have to fight these very foundations. These horrible kings who kept seven wives etc. are not your ideals. Your ideals are yourself. You have to bring new ideas in the western countries then only you can change it because you are such a

dynamic force. *Everyone of you have to rise up and build yourself into ideals and try to lead a life of that ideal within. For this you have to sacrifice. And the greatest sacrifice is that of your ego which makes you so obstinate and hard-hearted. Face yourself. This ideal has to be created. One has to have compassion, one has to have love and understanding. Never talk ill of one another. Never. Try to help each other for we are very few and we cannot afford to fight among ourselves, for we are wedded to a very great cause. We cannot have wrong ideas, we cannot waste our time on mundane things like marriage.*

If marriage has to be, then it has to be good and compatible and you must try to patch up your problems. You have to make it a beautiful institution. Do not indulge in small and petty things, for otherwise we cannot carry out this task because we have still a very long way to go in life. These satanic forces are very nicely built up and very united in these western countries. They did not bother about India because India is a poor country. The blessings of poverty are that it teaches you to have a proper foundation. The poor are just the same as the rich. The very rich are not your ideals nor the very poor. *You are your own ideal and you have to create new ideals. You are the new Presidents of America and Prime ministers of England. You are the ones who are great people. So you have to stand upto it. i.e. people of character, generosity, of hardwork and proper understanding. Otherwise you cannot do this task. It is very easy to study and get degrees like MD, MA, PhD, but to be an ideal you have to mature. You have to constantly tell yourself that you have to come up and you have to do this tremendous work which is not difficult*

*because you have the source under your command. Everything is possible. Just ask for it and it will be done. But build it up. Even now if you cannot build up your personality and new ideals then when are you going to do so? I am here with all the chakras intact. It is easy to justify yourself, i.e. this is wrong or that is right. Finish all this. You have to become That. So the first is that you change your foundation. We have great people like Shakespeare, Tennyson, Mozart, Jung and tremendous people in this country also. Taking their name itself liberates vibrations. In those countries single-handed they created their ideas and just think how in those countries they must have fought all these satanic forces. But who accepts these people? Everyone of you is capable of being like them. Everyone of you has to become a leader. In Poland an ordinary factory worker did that but he was not a realised soul. He could not communicate with God. He had no way of knowing the Absolute. So channelize yourself properly, cleanse yourself properly and dedicate yourself. For dedication you have to do nothing but give up your ego and superego. Take these ideas off and create a space which is the heart and it will work out. It is easy to kill these rakshasas but what about the lost souls? Everything will work out for a year or so or even two years. After that I am going to blast them. Before that you should be ready because once I blast them they will come back on you people. So you should be such top people that you are not finished by that. It is the easiest thing for me to blast them all, finish them off. But first they will go to the subconscious and then they will attack you again. So I want them to live with paralysis, with diabetes, with all sorts of things. And they will live, they won't die. It is*



a tremendous task. And I am working twenty four hours, I have no sleep and no rest and you know that. I can see the whole vision very clearly of those beautiful days when we all will be enjoying each other and the bliss of God together. All that I want is that we pull out so many human beings in the clutches of the evil forces for which we have to dedicate ourselves. Our attention is on too many useless things, materialistic things. There is no end to it. Be satisfied with less. You will be looked after materially also. There won't be much problem. So don't run after so many things. Just don't have interest in these. It is all trash. You should be loving and affectionate. Once you start giving up the Real you become hard-hearted persons. "I have no interest in anything." Then who has interest in such a stone as you?

You are the foundation and your children will talk of you, not of these horrible persons. You have to be ideals of love, affection, and not of domination and all such nonsenses. All of you *will be the first Sahaja yogis. You are the ones who are going to change the complete concept of life. New ideas have to be built up.* Are you people really aware of your responsibilities? Sometimes you are worried about yourselves only, "where I am catching? What is happening to me?" It is so self-centred or you are worried about others, "he should not have done this or that. He should not have sat next to Mother." ***Nobody should think they love me more than anybody else. Some people know more rituals, others know more protocols but does not matter. I know the one who loves me. The one who loves others loves me the most. I don't care for your protocols and rituals. It is nonsense for me. What does it matter to me? The one who loves others is the one who really loves me.*** I have had

all these rituals and protocols *and I have no care for these things. It makes no difference whether you say good morning to me or good evening to me. What you say to your brothers and sisters is the most important thing. Sahaja Yoga will never work if you do not look after that side, i.e. how you behave towards your wife, husband, your brothers and sisters.* That is the most important thing and anybody who does otherwise will get out of Sahaja Yoga. You know I have thrown out the so called important people out of Sahaja Yoga who tried to dominate others by saying "this is not good. You should not put your hand there. Don't put your feet there etc., etc."

*Who can know the protocol of the Divine Mother. You cannot bind me into protocol. You cannot bind me into anything. I am unlimited. I am detached. To think that, you have me attracted towards you by your protocol, which is dead, has no meaning. It has to be a living protocol of being kind and generous. Be beautiful. Some are lethargic.* Like a husband who wants the wife to work all the time or the wife who wants the husband to work every time. Everybody finds fault with each other. They are not Sahaja Yogis. Sahaja Yogis are the ones who take it Sahaja. **If somebody is not working that person will go down. I will put that person out of Sahaja Yoga.** Why did you come to Sahaja Yoga? You are seekers. You have been seeking for ages. Are you going to waste your life? In any case you have to sleep most of your life. Why not work it out now? In every way be active.

Firstly you become real and very good citizens and with moral values which are your foundation. You yourself judge. You are realised soul. I leave it to you to judge. You will lose your vibrations. You can become

silent. Silence can be from other agencies. Negative forces from the left side of the Agya are giving ideas. You must have your own ideas. "I can't, I go on thinking" this nonsense goes on. Just tell yourself how dare you do all this nonsense of the left side. Those who are left sided better go for lemon treatment and shoebeating. Those who are right sided better shoe-beat 108 times. Get in the centre. You should really love yourself, cleanse yourself and be in the centre. Never be proud of your ego. 'O' I think this is correct. Beat yourself 108 times. You can be very high headed and then you can have no embarrassment of what you are doing! You can be absolutely shameless! But you are a Sahaja Yogi. You should feel embarrassed about such things. There should be a little 'sankoch'. There should be reservations about it. How can you say such a thing to some one? Why hurt anyone? Agya bloats more and more. So many are like that. I know where somebody tries to show off, tries to be a Guru and tries to push down others. "O'I know Sahaja yoga. I am a great Sahaja Yogi". Then I make their 'ego-horns' come out. You can feel it jutting out of your head. Push it down. This is the sticking point. Though the balloon goes thin, it sticks on. You are all Buddhas. Buddha is the one who is realised, the one who is enlightened, one who knows. You are the enlightened ones. How can you have an ego?

Ego and super ego are the greatest enemies. I have seen people who suffer from super-ego. You push it down and it goes to the ego. So in the west we have the greatest problem of the ego. Whatever appeals to the ego we run to that. That is how people are made mad by these 'gurus'. They say you can fly, so you have gone into it. Somebody says you will become very

powerful, so you have gone into it. Somebody says you will become a great guru and you go into it. But nobody says you become the Spirit and become One with the Whole. When I say you are realised, you are great, you are saints, there is more bloating of the ego-balloon. I say it to create that awareness within you. Your ideals have all been full of ego. See Churchill standing there with a stick in his hand. The complete body looks like the ego. We have to form new ideals. He was right for meeting another ego called Hitler. So it was alright to break their heads together.

But now we need new ideals. The past is over now. When there is flood you need boats to carry you across. But after reaching the shore you don't carry the boats with you. You leave them behind. These boats are no good for us. They have done the job. Now we have to go ahead with our own feet. So no bloating of the ego should be there. We should realise that we are in no way exceptional, for only you are blowing up your ego. You have to be ideals. You have to be in the centre. You have to be a Sahaja Yogi. That is the most important thing. Don't judge yourself by what you think of yourself but what Mother thinks of you. How much joy are you giving to your Mother? If you make Her unhappy then what is the use.

*You must have noticed that there are really very few true seekers in this world. And seekers also must realise that they cannot be happy with anything else but their Spirit. This is the test of a seeker and a non-seeker can never understand a seeker. It is very difficult to live with a man or woman who is not a seeker because you catch all the bad points and you suffer. If the person has an ego you catch it on your Agya. Nothing happens to him. He is very nicely off. He has*

his ego intact, and he is torturing you. But a person who is a seeker is a better person because you can give realisation to such a person and your vibratory awareness can be shared. But to be with a nonseeker can be a very difficult situation. You cannot make a fruit into a flower. In your case you have become the fruit. But you must have a flower around which you can make into a fruit. Those who are entangled with problems like "my father, my mother, my brother, my son" etc. should learn not to get entangled with such problems. Those who are not flowers should be avoided, forgotten and lost. The more you try to improve them the more entangled you will become. They can never improve. I give you a big rope. If they are not seekers then they will never be so and you cannot inject seeking into them. They may become seekers and you forget about them. You may have to suffer because of them, for if they catch, you suffer. If they have a nabhi chakra you suffer. This kind of person is very difficult to change. Do not waste your energy. Christ has said "do not cast your pearls before swine". You cannot force anybody to become a seeker. There are millions of seekers in the world, so forget about such relationships. They may call you mad or crazy or anything but they will realise one thing that you lead a much better life than they do. You are much more peaceful, blissful, dharmic and sane but they won't accept your life. Play around with them with the understanding that they cannot change. Even if they change mentally they cannot have that urge because to a seeker nothing is important except seeking.

**QUESTION :** What about the people who are good people, not seekers, but who have got realisation but don't seem to see the significance of Sahaja yoga?

**MOTHER :** They will go out of

circulation. Sahaja Yoga rejects more than accepts. It is a judgement going on. Such people will go out a realisation. You can talk to them of realisation, give them bandhans etc. for, they are the people in whom you could be interested but they are lost otherwise. For example, butter is made out of curd by churning. A little butter comes out and the rest is butter milk. To separate it, a big lump of butter is put in the butter-milk and when it is churned all the butter gets around that big lump and gathers into a larger lump of butter. But some butter particles are left behind. If they do not stick to the larger lump of butter they are thrown away with butter-milk. So, those who do not come to Sahaja Yoga and are not upto the mark, will be thrown out. It is a fact but you should have 'nirpekshita' i.e. you should have no attachment to such people.

May God Bless you

### Answering to another question

**Shri Mataji Said :**

The question is that the psychologists say that mind is limited, i.e. whatever the mind does is limited. Whatever action we perform is done through mind only and this mind has limited energy and so it cannot take you to the unlimited. So something has to be which is beyond the control of the mind, that is the only spontaneous thing. Now see the confusion. But their question can be answered on mental level. What is the basic difference between Divine and human? How to convince ordinary humans of Sahaja Yoga and the Divine? They are doubting you as you are doubting them.

The simple answer is that whatever you do with your mind like shouting, howling, jumping etc. can be done by the limited mind. So one who is doing is some human agency, some human being and not the Divine. *But you cannot make your*

*Kundalini pulsate with your mind. The Divine, if it has to do something, must be extra-ordinary which human beings cannot do. To pulsate Kundalini is only possible for the Divine. It is a living force. Man makes things-dead things. Man can do dead actions. But a living force cannot be activated. What is the need to go to the gurus if they make you do the limited actions of the mind. You can always shout, howl and jump without them. But you cannot make the Kundalini pulsate.*

Divine does something which you cannot do. You cannot make the cool breezes flow from your hand. So, if you go beyond the mind it has to be something extraordinary, something different. The limited and the unlimited are two different dimensions. This is the secret of your Mother's Maya, that I live on unlimited and do unlimited things. That is how I create Maya. You can know me only through knowing your vibratory awareness. If you put your hand on the head of someone nobody can make you shake. So the Divine force is something that human beings cannot do through their mind. I repeat, you cannot

pulsate the Kundalini. It is a living force and human being cannot create or generate life. They cannot make the pupil dilate when the Kundalini goes up. As ordinary humans and so-called gurus cannot feel the vibrations, you cannot talk of the vibratory awareness to them but you can see with your naked eyes. They cannot make the cool breeze come out of your head. This is something extraordinary. What I can do with the limited is make myself. I can also do unlimited. That is the side of the Divine Mother. In the same way you are limited now but you have jumped into the unlimited. So you can do all these things. That is why you are saints. The things you can do in the unlimited you could not have done before realisation. You start doing some that you could not have done before, i.e. to raise your Kundalini and of the people. The gurus, so-called, can shout, howl, jump and do all these things but they cannot raise the Kundalini of the people. All other things, we can say, are arbitrary, subjective. Then, you will get your cure, change your mental attitude and all that.

(Nirmala Yoga 1983)

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## A Letter from Canada

Dear Brothers and Sisters,

There was a time a few years ago when I and many others, believed that in the light of the world's social economic and political situation we were surely doomed. Very few advocated recovery and enlightenment for it appeared that we were in the centre of an irreversible worldwide crisis. These were the days before I knew I was a seeker (not a guru shopper but rather a knowledge hound). Those were days of sadness, disappointment and general skepticism. I felt as though the Universal unknown entity had led me down the garden path and I didn't know where to turn. I prayed continually to the "collective" to help me and show me the way, one thought always remained in my mind. However, I knew that before this life time was out I would learn the secret to it "all".

All this occurred through the years 1971-1978. I know now that my prayers were being answered. I know, also, that these were not only my personal formative years but also the formative years of Sahaja Yoga and the beginning of the reversal of all adharmic direction. Most of us have

experienced this mysterious guidance from our Holy Mother and we do feel to have been blessed this way. She is so wonderful!

A very beautiful thing about our Divine Mother's love is that that She has enabled us to rise above all the nonsense of the Maya to experience the truth and reality; the love and the bliss that is heaven on earth. Although this is astounding by itself, it is also quite amazing to realize that we have only begun and that the possibilities are virtually inconceivable at this point.

We can now say with absolute joy, faith and authority that yes, there is hope, there is a great light at the end of the tunnel. Things will change and improve, we will all become one again and the absolute peace and love will once again be restored. Very soon we will be thriving within the supreme radiance of our Divine Mother's grace.

The world will never look Back again!

Much love, your sister,  
Lialyn Musa  
Calgary, Alberta,  
Canada  
(*Nirmala Yoga 1983*)

## LEADERS IN SAHAJA YOGA-PART II

Sahaja Yoga in its present condition could, at times, look like a big nursery and, actually, this is quite a refreshing sight. The sangha of the Sahaja Yogis is the "Divine Kindergarten" in which, protected by the omnipotent love from above, we grow into spiritual maturity. When babies grow up they become children and grown up children start helping the mother in looking after the younger brothers and sisters who are still babies. As the children mature they fully realise the qualities of childhood. They know that they are not going to recreate another boring "adult" world, this world that we know only too well, which is serious to the point of foolishness, rational to the point of insanity, a world in which the world "adult" itself has become a stamp on something dirty : adult movies, adult books....A world in which the leaders are such sinners that entire countries are cursed because of them. In this respect, we, the children in Sahaja Yoga are enjoying a special blessing from sakshat Shri Gopal Krishna. This is the age in which the saints have become mischievous : endorsed by the supreme authority of the Lord we can gently make fun of many of those pseudoauthorities on the earth. It is nice to have earned the right to laugh.

Yet mature children know whom to laugh at and whom to obey. It is all right to run in the courtyard during playtime but, back in the classroom, the whole class stands up at attention when the master comes in. This is what our Kundalini does when Shri Mataji's presence is felt. And this is a fundamental characteristic of those who are to become leaders in Sahaja Yoga : they have to display absolute, uncompromising obedience to the Mahavatar Shri Mataji Nirmala Devi. In Satya

Yuga the right to lead men is earned through understanding how to obey God.

To obey God means "Thy will be done". It means "O Shri Mataji Thou are the sole and only Doer. Let Thy immaculate mode of action operate through me". To obey means to be great. After all who are our models, who are the true leaders of Sahaja yoga?

Shri Ganesha who is Adi bandhu, that is, the primordial friend of the yogi, was beheaded, defending, on his Mother's orders, the access to her inner apartments against lord Shiva himself. Christ, no less obedient, let himself be crucified. Let us face it : what is the depth of our obedience to Shri Mataji? How many "but Shri Mataji", how many "I think, I believe", how many explanations, justifications, argumentations or even advices have I-in my abysmal stupidity-given to the one who knows everything but who is Mahamaya? I really feel like pulling my ears down to ground level. Only because Shri Adi Shakti is cloaked into Mahamaya is it at all possible that our daily lack of obedience should be forgiven. Only because She is Divine Patience, does She go on correcting, guiding us. But we should learn. Learn fast. To this effect, we must remember a key word.

"ATTENTION" is the first word of Aldous Huxley's novel *Island* and it gives this book its best line. Attention (chitta) is crucially important. When projected inside, it allows us to watch how the ego plays its rebellious tricks, how the super ego isolates our consciousness from God's will through a cocoon of conditionings. Without full attention, real obedience to Shri Mataji is not possible. And without developing such a

respectful sense of obedience how could we call for obedience in others? We have to be disciples before becoming gurus. Besides this obvious point the deities, devas and ganas are constantly watching how obedient we are towards Shri Mataji and if we don't satisfy them or this criterion we cannot rise into higher spiritual planes, we cannot develop the status of a sahaja yogi elder. Unfortunately even today old sahaja yogis aren't sometimes quick enough to follow the Goddess's instructions, they hesitate before implementing them. As a result the whole divine project which was conceived for their benefit fizzles out and, sure enough, they find themselves the losers.

A child but also an elder, humble but proud too, simple yet subtle, a leader in Sahaja Yoga is, above all, obedient to his Divine Mother. He has understood that She is guiding him on the safest road towards

Reality and thus he lets Her do so. That is why he will perhaps find the answer to that most clever question : "How can I best please Shri Mataji Nirmala Devi?"

-Obedience to Shri Mataji is the establishment of our brotherhood with Shri Ganesha-Christ.

-Obedience to Her is the highest punya.

-Obedience to Her is the acceleration of the evolutionary process.

-Obedience to Her is the actualisation of surrender.

-Obedience to Her is the way to the Father.

-Obedience to Her is the mark of pure intelligence.

-Obedience to Her, the Parameshwari, the sacred Emperess, obedience to Her again, and again.

Jai Shri Mataji

(Nirmala Yoga 1983)

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## The Visage of Salvation

*Faust* is the piece of the German literature which should be read by all Sahaja Yogis. Goethe's Doctor Faust was the archetype of the modern seeker. He was so sure that nothing, short of the Absolute, could quench his thirst that he made a pact with Mephistopheles, the Devil, prince of the seducers. "If any wordly temptation can bind me, then my soul will belong to you."

Yet it isn't an easy game the one we play with the devil and the path of Faust, strewn with lust and death, finally leads to doom. At the end of the drama though, Goethe unfurls a heavenly vision : the Redeemer, of the seeker stuck in his sins, appears in great glory. No doubt, the Sahaja yogis will be quick to recognize who that magnificent Divine Being is:

*"Here is free prospect wide,  
The soul up-bearing.  
There women-figures glide,  
Heavenwards faring.  
With them the heavenly Queen,  
Majesty tender,  
In wreath of stars is seen,  
Clear in her splendour.*

*Pavilioned in the heaven's blue,  
Queen on high of all the world,  
For the holy sight I sue,  
Of the mystery unfurled.  
Sanction what in man may move  
Feelings tender and austere,  
And with glow of sacred love  
Lifts him to thy presence near.*

*Souls unconquerable rise  
If, sublime, thou will it;  
Sinks that storm in peaceful wise  
If thy pity still it.*

*Virgin, pure in heavenly sheen,  
Mother, throned supernal,  
Highest birth, out chosen Queen,  
Goodhead's peer eternal.*

*Now Near her splendour  
Floats a light cloud,  
Penitents tender  
In gentle crowd,  
Tasting heaven's ether,  
At her feet kneeling,  
For grace appealing.*

*To thee enthroned in holy awe,  
Power is not denied,  
That the lightly erring draw,  
Trusting, to thy side.  
Hard to save whom lust be spake,  
Weak, before his fire;  
Who in single strength can break  
Chanins of dark desire?  
So the foot will swiftly slip,  
On the slant way gliding,  
Heart the fool of eye and lip,  
In soft words confiding."*

Yes, Goethe, the greatest German poet, himself struggling to escape the net of the senses, extolled sakshat Shri Adi Shakti. In this Mater Gloriosa he was not portraying the role that Shri Mahalakshmi played as Mary, the modest maiden of Nazareth, but the majesty of Shri Mataji Nirmala Devi in Her heavenly form. It is said that the very face of the Goddess sends out cool moon rays, that Her darshan introduces us into the state of smadhi. Indeed the Sahaja Yogis have the experience that they become absolutely thoughtless merely by watching the face of Shri Mataji.

*"O contrite hearts, seek with you eyes  
the visage of salvation;*



***Blissful in that gaze, arise,  
Through glad regeneration.  
Now may every pulse of good  
Seek to serve before thy face,  
Virgin, Queen of Motherhood,  
Keep us, Goddess, in thy grace."***

By praising this Holy Face of the Mother, Goethe, unconsciously, or, perhaps, consciously?-brought at Her Lotus Feet the homage of those many talents that She, as Saraswati, had bestowed upon him. We can very clearly see that the poet perceived the decisive role of the Cosmic Mother. Indeed the very last words of *Faust : Part*

two, left a powerful message to mankind. I wish that all our brothers and sisters who are still struggling in their quest could hear it. They would come straight to sahaja Yoga.

***"All things corruptible  
Are but a parable;  
Earth's insufficiency  
Here finds fulfilment;  
Here the ineffable  
Wins life through love;  
Eternal Womanhood  
Leads us above.***

Jai Shri Mataji

(A former mini doctor Faust)

(Nirmala Yoga - 1983)

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## Little Angel Prays Before Mother Mary

Amy and and Andrew J. DiMaggio Jr. of LaPlace don't have to be told that their one year old daughter Anna Maria is special. They get a glimpse of it every day when the toddler walks out to the front yard of her house and begins an animated conversation with the Blessed Mother. "Whenever she is with us in the frontyard, she will always stop playing at

some point and walk upto our statue of Mary," the DiMaggios said. In this photo, she was holding her hands - up and talking to Mary in her own babble language. We hope that this picture will inspire your readers to remember the words of Jesus who said that "as to enter the kingdom of heaven we must be open as a child."

*Internet Version*



## ***Pravachan of H.H. Mataji Shri Nirmala Devi***

***Delhi - 18 August 1979***

The sudden arrival is for various reasons. In Sahaja yoga sudden arrival has a special significance. We must have seen many incidents in our lives, which have suddenly happened. They do not mean anything to us. If we try on intellectual level, we cannot understand why a particular incident has taken place in our life. It has been the way of human being, that he wants to understand everything through reasoning. This is correct on his part because his awareness has not yet awakened. When his awareness is limited and when he is searching the proof of everything through his intellect it is difficult for him to adopt some other means which are outside the scope of reasoning.

You have heard a lot about Paramatma, Atma, Adi-shakti etc. You have also read about them in books. Every now and then, man talks about Atma and Parmatma. There have been many incarnations, who have told that you should first realise your Atma because man cannot reach Paramatma, without knowing his Atma. As you cannot identify colours without eyes in the same way, you cannot attain Paramatma unless you meet your Atma. You cannot intellectually understand Paramatma. It is only through Atma that you can understand Paramatma. So far, all saints have said "be alert in the observance of your Dharma, search your Atma, understand the Atma that is residing in you."

What is Atma? What work is it doing residing within us and how is it related to Paramatma? It is said that Atma is the reflection of Paramatma in our heart. This reflection is like that of the sun in water.

Although reflection of the sun is seen in water, he is away in the sky and not in water. Similarly Atma is as much as it is seen. It is beyond all that and not limited by it. But, for any reflection to be clearly visible the mirror which is the cause of that reflection must be clean. If the mirror is not clean, or instead of mirror a stone is there, the sun's reflection will not be seen in it. In the same way, that man looks disturbed who has not yet become clean like mirror, so that he can see the Paramatma's reflection within himself. Although the sun is seen taking different shapes on the ripples of flowing water, he is steady at his place and it is only his reflection that changes its shape. Similarly, the reflection of Atma appears to be absent or it just shines for a moment and disappears, in the person who is full of sin and wickedness or whose heart is loaded with false ambitions and desires. It thus entails that all these--body, mind, intellect, ego etc. that we know, should be converted into a mirror. It should be transformed into a mirror.

How will it happen? God has made that arrangement within us. Many incarnations have worked for evolving us from ameoba to human being and have brought us into our present stage. When we are moving about as alert human beings we are alert but not enlightened. A blind man is very alert but one who has sight sees everything without being bothered about it. A blind man can perceive small small things. He knows small details of every place. One who is having the sight looks at only those things which are worth seeing and which he wants to know about.

Kundalini Shakti that is residing in us has been placed in us by Paramatma and has been created by His desire. Kundalini Shakti creates our mirror, develops it and cleans it. Slowly She makes it capable of receiving in itself the reflection of Atma. In Sahaja Yoga you know that awakening of Kundalini is very easy and spontaneous. But Sahaja Yogis must know that they have come to Sahaja Yoga primarily to clean their mirror, to wash their sins and past deeds, to become purified of all the dirt that has been accumulated within from time immemorial. They have not come to collect sins and dirt, but to become pure. Many Sahaja Yogis are aware that Kundalini is that current which passes through their Chakras and awakens their Chakras. When the light comes on your Chakras you can know their condition even on your finger tips. This is the knowledge. This alone is to be known. So far the knowledge that you have had was not enlightened. There was no light in it. Now because of the light, you can know which of your chakras have problems. There is a way to clear the Chakras of those problems. How to do it, is also taught in Sahaja Yoga.

You can not see the filth so long as there is no light. It is not visible in the dark. You will see it when light illumines within you. So the first object is, to accomplish the light, to-what people call-achieving the truth or knowing the truth. First we should know the truth and in the truth we initially come to know what our qualities are. In Sahaja Yoga, man easily accepts his faults, because he can see them in the light. Suppose there is a spot on this saree, and it is dark. If some one points it out, we won't agree and may even feel offended. But if we see it in light, we would be surprised that there is such a big spot and we have not noticed it ! We won't

fee bad about it, and would like to get it cleaned somehow, immediately.

Suppose if there is a catch on some Chakra, say on Agnya, you will understand it yourself. You will have some pain or some such similar feeling. In the light you will understand that you have problem there; and you will clear it. But if you are not sensitive and do not feel the problem, you may go mad and may land in lunatic assylum without even knowing that your such and such Chakra was caught, and such filth entered inside you. Similarly you never know even if you contact some disease, because you are sitting in the dark. In the darkness you do not understand whether you are sitting on a snake or some bomb has fallen on you. When the light shines inside you, you realise which calamity you are facing. So the first glimpse of knowledge is regarding yourself. You know your problems.

In Sahaja Yoga, people get the realization. Immediately thereafter man sees his own faults and as human nature is, he starts running away from Sahaja Yoga. Initially, he gets scared, the very moment he starts seeing his own faults. He cannot believe that so many faults exist in him. He is scared and then he starts doubting. You have seen; thousands of people come and get the realisation but they do not come again. What is the reason for it? If hundred people are realised only 10 percent come back. It always happens. Therefore Sahaja Yoga is developing rather slowly. That does not matter. Its reason is that man is so much indentified with himself that he does not want to know his faults; and when he knows them, he starts running away. But it is better; to know your faults and correct them, rather than carrying their burden from life to life. People do not know what time has come. It

is the last chance. You won't get any more chance. In Bible it has been described as the 'Last Judgement'. Your last judgement is in Sahaja Yoga and how it will be done can be judged by yourself. When the light comes within you, you judge yourself. "See my such and such Chakra has been caught." Then you say "Mother, I have a catch on this Chakra". You know that I am ready to put in all efforts for you. You can also work on each other, thereby you can completely clean all your faults, problems and sins etc. Why should you carry that burden? Instead of throwing it off people are running away from Sahaja Yoga. This is human brain. That keeps thinking and always remains worried. There is nothing to be scared of. If you become little steady, you will realise how big is this power, which not only brings into light your faults, but also removes them and removes them completely.

So, first of all you must know, that Kundalini Shakti is extremely holy and virgin. This virgin power makes us clean and pure. In Sahaja Yoga, She is very much pleased to give you the realisation. Then there can be only two possibilities. Either you recognise the self-realisation within you, and rise upto its greatness and go deep in it; or leave it altogether. There cannot be a third alternative. As someone asked, "How many turns are there in London?" Only two; left and right. Either you completely accept it or leave it. If you have decided to accomplish it and to completely clean yourself, then the reflection of Atma will shine in you. In this Kundalini Yoga you become aware in collective consciousness, you remain aware in collective consciousness and you clean others also while cleaning yourself. Others' sins are also washed. It is regarded

as auspicious, here.

Some persons are very auspicious whereas some are quite inauspicious. Latter ones bring calamities in the house or in the country they enter. There will be difficulties, wherever they stay. One gentleman came to me. He was a young man of 23-24 years. He said "Mother I am quite inauspicious". "How do you know?" I asked. He said I am very inauspicious. Even children are afraid of me. When I go to a house the family has to face some difficulties or the other, or some bad event occurs, that people are now convinced that that there is something wrong with me and I am inauspicious, because it has happened repeatedly'. Such people are inauspicious because all darkness of sin is associated with them and it is so deep that like a blind person they face tremendous difficulties, grief, sorrow, sickness etc. and ultimately they are finished in that. If such a person visits a family some one from them may even die.

Considerations regarding good or bad omens is in vogue in our country since time immemorial. Those who are saints, although they are care free, have no place of their own-they may not be bothered about their clothes and food and may be staying in jungles-bring prosperity wherever they go. This is also told about God. If you want to recognise God. His biggest identity is that the biggest auspiciousness is in His hands. He does good to all and makes all happy. Touch of His feet makes everything auspicious. There are six gifts of God, which bring prosperity, well being, happiness etc.

Whenever incarnations came, great and auspicious works were done. But now the time has come in which that work will be

done, which is the most auspicious work ever done, thereby, you also will be the doers of auspiciousness and will realise the Spirit residing within you. This is the ever great work of Sahaja Yoga and the incarnations. It should inspire the entire society. In this great eternal life, when shadows of Kaliyuga are enveloping the whole universe, your torches (flame) should burn high, and in their light you may attain auspiciousness, joy and prosperity. It is necessary, for this, to keep your lamps clean, you should wash your sins and past deeds. Your past deeds are washed along with your ego. Karmas are done by your ego. You must have observed that after coming to Sahaja Yoga, you can very easily see your ego (Ahankar) and how it works. In Sahaja Yoga also, you come across many temptations and in that when your ego dominates, you forget whether you have to go to Sahaja Yoga or Sahaja Yoga is to come to you. Many people when they surrender to their ego, turn their backs to Sahaja Yoga expecting Sahaja Yoga to follow them. So long as your ego is enveloping, you cannot have the glimpse of your Spirit.

But it is useless to fight with your ego. In Sahaja Yoga you do not have to fight with your ego, but you have just to see because your attention is itself awakened. Your ego cools down by just seeing, as your attention is enlightened and in that light you witness the play of your ego and laugh at it, and laugh at the ideas given by your ego. As you start seeing yourself, your ego starts getting deflated and as your ego is deflated you rise in your light.

Sahaja Yoga is a very subtle process. Few people know that it is a very subtle process. Sushumna Nadi is extremely small, extremely thin, exactly at the centre

of Brahma Nadi, reason is man's attachment to his karmas. That extremely subtle channel Brahma Nadi is loaded with sin and dirty things and thereby gets so much narrowed, that very thin fibre of Kundalini could pass through it. Imagine that Kundalini is like an enlightened rope made of small fibres. Its very thin fibre could pass through Brahma Nadi. This is the condition. You have all seen that this is a very subtle, very deep process. Most of you have seen Kundalini's movements and pulsations. She tries to make, somehow a small opening at the bottom, so that it becomes possible to pass at least one strand through the extremely narrow passage of Brahma Nadi and with that very subtle strand She pierces the Brahmastrand. Initially this happening takes place very easily in most of the people. But She again coils down due to the pressure of the burden and then they even forget that the peace, serenity and cool vibrations etc. which they had once received are no more with them. They are shocked when they see in the light that these things are embodied in themselves. Then they get scared and become suspicious.

Man's intellect comes up with many doubts. The first doubt which is very common, is 'Who is Mataji'? This is the first question, I want to tell you that you can not understand Me so long as the eyes of your Spirit are not open, and you should not even make efforts to understand. First you open the eye of your Spirit.

When Shri Ram came, people said that they accepted Parashuram, when Shri Krishna came they said, they accepted Shri Ram and at the time of Shri Nanaka, they accepted Shri Krishna, when Christ was here they accepted Abraham. All of them had taken human form. But it is all the play of

Buddhi (the intellect), how interesting it is! Now, I have come and people are accepting Shri Sai Nath (of Shirdi). But when he lived here, he did not even get any thing to eat.

Why was it so? He was also a human being. So long as he was alive, he too was considered useless and tortured but when he died he was regarded as Bhagwan (God). What is the reason of this all? Why has man been like this?

You will have water of the Ganges, where She flows. If She is flowing here, will you say 'We do not accept Her as the Ganges!' There may be nothing at the place where She was flowing earlier, or may be, only a nullah at present. If you want to take it as the Ganges you go your way. If the Ganges is flowing at this place, why not accept it?

It is not easy to understand human intellect. It is the most difficult job in the world!

It is easy to understand God, because He is what He is. He does not have such double dealings. Man has a variety of qualities, not just double. All animals from snakes and scorpions to elephants, horses and lions are residing in him. You will not understand at all, why his brain is working in this way.

Now when the Ganges is flowing why do not you take water from Her? Imagine this plug has been connected here. Will you connect in its place a plug which is out of order? It is quite pragmatic. I cannot understand what hallucination is there on human intellect, that he does not accept the truth which he is seeing but accepts something that is not seen! Its reason was understood long back and that is Ahankar

(ego).

Man has too much of ego. If you had accepted Shri Rama in his days, he would have told you to get your Kundalini awakened and get the realisation and get established in Sahaja Yoga. Had you recognised Shri Krishna, he would not have played Sahaja Yoga in Gokul, but would have given you the realisation and told you to practise Sahaja Yoga. If Shri Nanak had been accepted, there was no need for him to break his head telling you to do different things. He would have simply taught Sahaja Yoga, but very few understood him in his days. Now, when he is not here, you have built Gurudwaras in his name. When Mohammad is not here mosques have been made, because they think now Mohammad Sahib is in their hands. Now Rama is in their hands, and they can make his temple and say "This is our temple, this Rama is our property. We have authority over him and whatever you have brought-all money and other things, offer them to this idol". You say all this because you think you are the authority of this idol. It is sheer ego because of which man thinks, that he can keep God in his control and for that he is making all the show.

Every time the same show was repeated. Even now, I see big temples. What is happening in them? What is going on even in those temples having 'swayambhu' idols? (Those idols which have come spontaneously out of Mother earth are called Swayambhu idols. They are not man-made.)

Ego makes donkey out of man. Even donkey has its respect. Donkey also may have some sense of propriety but an egoist can be worse than a donkey. If a man is

equated with his ego, then the result is a donkey. I always say, you will be surprised to see how the ego is inflated in a man. If one gets excess of money he goes astray. One out of one lakh rich people, talks sense. If they receive money, they will think in which pub they would go or to which dirty woman they would go etc! Never would that man think, that the money he has got could be spent on the work, within himself and without that would be acceptable to God and would bring His blessing. They will make the show of ego even in that, they will make a temple and inscribe on it that the temple of Shri Rama has been built by such and such person in the name of his father. What will you call it, if not madness! If his father had done some work, automatically he would have become famous. By seeing such dreams of false ego man remains away from the truth. Even though man sees the truth face to face, the ego teaches him not to accept it because by accepting the truth he would be free from ego.

It has many remedies. Say a man receives plenty of money and becomes very powerful. Excessive power also makes One a donkey. One behaves like a joker and becomes a laughing stock, with too much of power because that goes to one's head. If a woman becomes extremely beautiful and she takes it into her head that she is a ravishing beauty, then she goes down to a nadir. Why does man become a donkey when he has excess of something? Its reason is-he cannot wield it. If he is an emperor, even millions of rupees have no value for him, but let a pauper have some money and he will be flabbergasted. If a real king comes to power, it does not matter for him at all. He lives in the world like a king and is not bothered by small and petty

affairs. But an ordinary person cannot, because he has no ability to wield an excess of anything. He cannot go to an extreme when he attains the extremes of his Spirit, rest everything becomes valueless for him. On the contrary, due to his ego he loses his freedom and day and night he remains in such nasty hallucination that like a fool he thinks that he is being praised. Never can he think as to what he is doing and which is the right path for him.

Now the time has come to stop and see. It is now time to rise and to know.

It is time for you to stop wherever you have reached on the mount of your ego and look back. So far, you have not achieved anything, you do not know anything. Accept it with humility and let it be imbibed in you. You have not yet understood your Spirit. With your every step, you are getting more and more involved in dead things that put you in the fetters of dependence and enslavement of your six enemies (viz Passion anger, greed, pride, temptation and jealousy), stop for a while and see your mirror there itself which is within you and you will find the Paramatma of your eternal Atma residing within you. Know Him and go deep. Enjoy that bliss and with that light dispel darkness of the world. This is very great work and many people are not sticking to this great work. That is the difficulty. Thousands will come here if I start mesmerising.

One such fake guru reached London. He emptied the pockets of ninety thousand people, he charged \$ 6000 from each person. Sixty people from them came to me, they were suffering from epilepsy. I asked them as to what he taught them, which mantras he told. At the cost of six thousand dollars, those poor things, got the

mantra-Ainga, phinga, thinga! This mantra was passed to them secretly in writing and they were told that by chanting this mantra they would get many siddhis. Today, those people are on the roads, their homes have been ruined, their plight is miserable. Had they been wise and tried to understand, they would not have gone to such a person who was pampering their ego. Always he would tell them "you are a great person, you are Ponganand, all should come in their best etc." Those who fill their coffers, keep inflating other people's ego and all people in the world like such persons. Big news papers, will bring out their advertisement and write their praise because those persons have money which attracts money. Big celebrities would call on them. But inside, there is a big falsehood. Can we say man worships falsehood? But man himself lives in a big falsehood, which is his ego. One who preserves such falsehood and is carried away by it, invites his disaster.

Why,-I am repeatedly asking you,-why are you inviting that disastrous end? What is the reason for which you do not want to know yourself? Why don't you want to surrender before God? Why are you following wrong people? You are ready to sacrifice even your life for those who are robbing you, destroying you, who have done all harm to you because they have mesmerised you. Have you got no capacity of your own to understand what is going on? Paramatma can be known, only in complete freedom. You are getting scared of whatever little freedom you initially experience in Sahaja Yoga and want to go back to your old state of dependence.

Sahaja Yoga is very simple, but you people are not. There are many complications in cities. You have to pass

through considerable pressure and strain, because of which you have to face big problems. Hence, initially, you have to become simple. You know, that my work has great impetus in villages. Ego is more powerful in cities. Due to small things, people become egoists and that is why, they surrender to those who pamper their ego and run away with their money. You just keep looking at them and receive disease. You will be surprised, all those patients of deadly diseases, like cancer, etc. whom I have cured, all of them without any exception were the victims of fake gurus and tantrikas. I have not seen any cancer patient who was not connected with a false guru. That's why it is said that doctors cannot cure cancer. You would now understand, how wicked, inauspicious and harmful these people are! Even environments around them are bad. Those who go into their environments come to such a tremendous grief that you will be shocked to know. Very large number of people have died in Morvi, some of them were innocent, but worst kind of sin was to be committed at that place. You have heard that those people had decided to buy for a sadhu a huge land in Kucch. Man must see and think in whose hands he is playing and how he is inviting his own disastrous end.

I am telling you as your mother and persuading you not to go to such wicked people and invite your disaster. Do not destroy your Spirit by going to such people. You should understand your Spirit. There is no need to spoil everything in the oscillations of questions and counter questions. Get realisation first. First know your Spirit. I will do the rest. On what basis will you ask questions before that? Have you got any means to ascertain who is genuine and who is fake. You must know your Spirit first. So



long as you do not know your Spirit it is useless to discuss because it is a very subtle subject and not shallow, that you could come and see somebody's face and say something and that's all! Never get into such a mess that you cannot come out of it. Sahaja Yoga is a superb feat, it is extremely great. Some times I myself am amazed at it! It is such a fantastic thing. It looked really very difficult how would it take place in a man and then grow further. Jesus could be considered as the last man, to do a lot of work and after Him we can say on Guru principle Nanak Sahib came. Even in his time so many could not know their Spirit. He was breaking his head on advising the people. He had taken human form but still He was not recognised.

I was with Him, in fact with all of them. I am glad that there are about 10,000

persons in this country who have come to Sahaja Yoga and attained their Spirit.

This is the last judgement, let us see what happens. Whatever people come is alright for me. Even if they do not come, it's still alright. Remember God will not bow before you. You have to accomplish Him in your own freedom. If you have not achieved Him, It is not His fault, nor is it of Sahaja Yoga, mine, or that of Atma.

You, who are having your ego, will have yourself to blame. It is your wealth or your asset and it has been given to you only because you should accept it, know it and enjoy it.

May God bless you.

(Nirmala Yoga-1983)  
Translated from Hindi

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## Nirmal Shakti Yuva Sangh Seminar

Delhi, 24-25 June, 2006



With the blessings from our beloved Param Pujya Shri Mataji, a seminar for Nirmal Shakti Yuva Sangh (Mostly referred to as Yuva Shakti) was held in Delhi. Young Sahaja Yogis from Noida, Gurgaon, Faridabad and Ghaziabad also participated in the Seminar. Around 700 enthusiastic young Sahaja Yogis had very enjoyable 2 days at Nirmal Darbar, on 24th and 25th June 2006. The Seminar was held with the aim of instilling and developing further, the feeling of devotion and dedication towards our Guru Sakshat Adi Shakti Param Pujya Mataji. The Young Sahaja Yogis are the innocent hands of the Divine-they have to glorify themselves as instrument of the "Pure Power of Love" (Nirmal Shakti)- as a young, loving, dedicated and pure collectivity (Yuva Sangh).

It was felt that we should realise within us the Reality of this Age, the Incarnation of our Divine Mother who is God Almighty. That we should be able to feel that Reality on our own systems and experience

that when we pray to Shri Mataji from our heart and take Her Holiest of Holy names with humility, all Her Powers manifest. These Powers (and not any technique) spontaneously and effortlessly cure us, balance us, make us peaceful, and guide us, so that we work to please our Almighty All-knowing loving Mother.

The main path towards realizing this objectives was to encourage the collectivity of young Sahaja Yogis to go deeper in Dhyan by achieving the peaceful state of thoughtless awareness. Also to develop sensitivity and feeling of vibratory awareness-the tool for our guidance. Only then we understand deeply the Divine Advice of our Holy Mother and allow these blessings of Param Chaitanya to Protect, Cure and Transform us. With this we also become better instruments in the spreadment of Shri Mataji's Love, and of the unique and most precious gifts of Kundalini Awakening and Sahaja Yoga, to others.

With these objectives, each session

started with Dhyan. Many of the participants were introduced to sharing of vibrations. It was emphasized that while meditating each one, individually, is directly seeking blessings from Shri Mataji. Blessings flowing from Shri Mataji cleanse us, give us balance and take us into Thoughtless Awareness. Thoughtless Awareness is only achieved effortlessly, by each one praying directly to the Adi Shakti for the same, (and not by any other actions or procedures or through any other person). All participants felt vibrations more strongly and also felt the Thoughtless Awareness within themselves in a sustained manner.

It was also explained how one can be benefited in studies with the Blessings of Sahaja Yoga.

In the Seminar, time was earmarked to enjoy and encourage the feeling of "Sangha-the collectivity" amongst the youngsters. They also experienced how beautiful things work out when each one in the collectivity is in meditation, working while connected to the Spirit. All the participants were divided into 25 teams and each team was given a project related to understanding, promotion and publicity of Sahaja Yoga: through talks/music/posters



The importance of taking bandhan was also experienced by all-not to do it mechanically, but with attention on Shri Mataji and on the flow of vibrations from our hands covering us with Shri Mataji's Power of Love.

The participants were told about the aims of forming Nirmal Shakti Yuva Sangh as desired by Shri Mataji.

and banners/skits and plays/ dance drama/ Sahaj New channel/ Backdrop of the stage for pujas/ public programmes/ Facts about Shri Mataji's life, about deities & chakras etc. It was so arranged that all 700 were involved in one or the other collective activity. All presentation were prepared spontaneously and collectively, within an hours, and were appreciated and enjoyed by the all participants.

On the second day morning everyone joined in the morning weekly meditation in which around 100 new seekers had come. This time the young Sahaja Yogis were enthusiastically involved in raising Kundalinis of, and attending to the newcomers, and enjoyed the experience along with elder Sahaja Yogis.

The participants collectively gave bandhan to the modern electronic Media and its negative impact, and everyone took a vow not to watch any undesirable programmes shown on Television etc.

Each day videos of The Mother's talks were also shown, and an extremely touching Documentary titled "The Source of Supremely Love" on the life of the Divine Mother, was also shown. Everyone was in the mood of dhyana, and felt very strong vibrations. The meditation session following this beautiful film about Shri Mataji made everyone absolutely thoughtless and opened everyone's heart. How much it elevates us whenever we realize with our hearts that Shri Mataji is God Almighty, and bow to the Adi Shakti in our hearts with humility!

A miracle that took place. The weather of Delhi that had been unberably hot and sunny with high temperature, but as soon as the seminar commenced, within minutes, the whole sky was overcast with clouds and there was a heavy downpour particularly in and around the area where the seminar was taking place. Shri Mataji's

deeply caring and all-knowing love, ensured that throughout the weather was extremely cool and pleasant. *(One of the prominent News Papers even reported on front page this surprising fact : of the nature providing rains only in a particular region, while other parts of Delhi remained hot and dry.)*

Another miracle was, that while arrangements had been made for about 250 participants, the actual number at the time of lunch was just about three times of that. Besides, just then there was heavy rain and storm. But Shri Mataji's Love again managed everything. By Goddess Annapurna's grace, spontaneously, arrangements were made, and food was ready for all the participants. We all deeply thanked our Mother for showering Her Love.

After the seminar, parents have reported that their children are meditating and doing foot-soak at home, of their own, and are enjoying the thoughtless awareness and vibrations and the feeling of devotion towards our Divine Mother. (Also watching TV much less.)

On the whole, it was a memorable Seminar full of blessings from our Divine Mother : The wonderful vibrations, and the young hearts devoted to Divine Mother in meditation. We offer our pranams and gratitude at the Lotus Feet of the Adi Shakti and pray that Almighty Mother grants us more such opportunities of collectively enjoying Her Love.

*Jai Shri Mataji*

*Delhi Collectivity*



We have to realise that we are very close, all of us. We are very close. If that is realised, then finished, then you don't have to bother about anything else. That is.....we are brothers and sisters.....that is a different point now, but this is doing Sahaja yoga, You are.....

Shri Mataji Nirmala Devi  
London, August 2, 2006