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This is our mother's "favourite" photograph



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“Nirmal Vani”

Some priceless jewels on selected topics, extracted from the treasure trove of our Mother's eternal words of wisdom, have been strung into exquisite necklace called "Nirmal Vani". This issue, lets focus on mother's advice on how to establish the eternal child within us.

Chastity: The Fragrance of Innocence



Chastity is the ornament made from our innocence. If innocence is the mool, the core of a Sahaja Yogi's personality, then chastity is the ornament that adorns his personality so that people marvel at his beauty. Chastity is the quality of our Left Vishuddhi Chakra and the power of **Shri Vishnumaya**.

Guilty feeling, that disturbs our Left Vishuddhi, is also caused because of an unchaste attitude or behavior. And because of that we are unable or tongue-tied to announce the Advent of the Divine Mother. From the kalpavriksha of Mother's words, here are some fruits that She has endowed us with - on importance of Chastity and ways to establish chastity.

Significance of Chastity

So what is your power? Where does your power lie? It lies in the Spirit. But even before the Spirit is achieved, what is your power? Is Kundalini? She's sleeping. Then what is your power? Is your chastity. If a man is chaste, chaste temperament he has and he stands up in his chastity, it acts, it works. But first of all chastity pays dividend in your good health. From the face of a person you can say that this person is a chaste man. Like in our Shastra's used to say a saint or a brahmachari, the one who has never had sex in life, always shining on his face. [1984: Talk on Chastity, Shri Ganesha Puja, England]

Now to understand the significance of chastity within us, we have to know that chastity is the foundation of all dharma's. Unless and until you have sense of chastity you cannot have dharma. Dharma is not possible because that's the foundation. It will be a house of cards. If you do not have the foundation of chastity it will just collapse in no time. [1985-0901: Shri Vishnumaya puja, UK]

Those who have moral chastity may not have material

Chastity. Moral chastity comes first, that's very important, because it is innate. And if your moral chastity is perfectly nourished, then automatically the material chastity comes in. But the effect is the same. Whether you do money cheating in Sahaja Yoga or whether you cheat morally, your left Vishuddhi will be caught. And the whole problem will start from left Vishuddhi. [1985-0901: Shri Vishnumaya puja, UK]

Qualities of a Chaste person

Arrogance is a sign of unchaste personality. And such a person also becomes insular because he's ashamed, ashamed to face others. Chastity is never aggressive, is never harsh, because there's no need, you know. No need, you are so powerful, you are so powerful, that there's no need to aggress anyone. Chastity is the consolidation of your faith. When you have faith in God, you are chaste. When you have faith in yourself you are chaste. Your faith in your wife, you are chaste. Actually like the camphor, which, you see, is volatile and evaporates into the fragrance, in the same way we can say chastity acts into faith. If you don't have chastity you cannot have faith in anything.



People try to do things to look very attractive and this and that. Don't waste your energy like this; you are saints, live like saints. Traditionally as we live, we have to live that way. And evolve out of the tradition, don't do something new, something absurd, nonsensical. We don't have to attract anyone. Chastity is the fragrance in the flower, which attracts the bees, is the honey of the flower, is the essence of our existence. [1984: Talk on Chastity, Shri Ganesha Puja, England]



Importance of Chastity for men and women

In some countries, of course, they think that chastity is only meant for women and not for men. But it's not true.

[1993-0721: **Shri Ganesha Puja, Berlin**]

Chastity is not only for the women, it is more for the men to observe. [1998-0905: **Chastity & Collective nature, Shri Ganesha Puja, Cabella**]



Now, it's important for men to understand the value of women. Those men in this country, all right they look like cabbages but they can be horrid, absolutely horrid people, because they have no sense of purity of their character. If the man is not all right, how can he have a sister who is pure? If the man doesn't believe in the chastity of life for some men, I mean most of the men, there's nothing like chastity. They never believed in anything like chastity in the modern times. That is what we lack, and in Sahaja Yoga when I think of My children, of My sons, they should be brilliant with chastity. The whole presence must shine with chastity. When people look at them they should say, "Oh, that's innocence going. See the innocence and the chastity moving together!" [1980-0808: **Opening Address, evening before Shri Vishnumaya Puja, New York, USA**]

And this is the sense of chastity the women must have first. We cannot put the responsibility on men. The way women move about, the way they behave, the way they are all the time... As Sahaja Yogis, I would request you to pay attention to this side of your society which is very important that how women in their foolishness are becoming slaves to the caprices of men. So please understand that you have to respect your chastity, and men have to respect women as sisters, and not as every woman is for them for their use.

How much a chastity of a woman is important and graceful and energy-giving to her and to the whole society, to her own brother, to her own father, mother and everyone, to her

children. Because she is the one, really, who is the Shakti. And if she starts frittering away her Shakti like this, then the Shakti of the whole community, the whole country disappears. [1984: **Talk on Chastity, Shri Ganesha Puja, England**]

Establishing our Chastity

It's all made very easy. But change your priorities now. The whole attention once goes to your own Spirit you'll be surprised the whole chart will change. So from today we are not going to look at the stars or the Moon, but going to look at the Mother Earth. In the Universe She represents. The Kundalini is nothing, but chastity. She's just chastity. [1980-0808: **Opening Address, evening before Shri Vishnumaya Puja, New York, USA**]

...for the establishment of our chastity. Now, whatever you have done so far, forget it, forget the past. That is very important also to forget the past, because is a very good way of explaining.

Another way is meditation. With your left hand towards the photograph, like that (Shri Mataji shows Her left hand stretched with the palm up), right hand on the Mother Earth, you can work it out. Put the light over here (Shri Mataji points to Her Left Vishuddhi then gives a bandhan there with Her right hand), give a bandhan to your left Vishuddhi, you can work it out. But this become rituals if you do not do it with from your heart. So first of all face it, mentally face it fully, then do it with this thing. Emotionally understand it also; that the emotions you have should have no guilt in it. So for all our practical purposes you are not to use all such words which shows our guilt, but humility. [1985-0901: **Shri Vishnumaya Puja, UK**]

"Meditation is nothing but the state of remaining in the constant company of the Every-loving Bhagawati."

“संतों ने कहा है...”

जैसे कि हम जानते हैं कि इस धरती पर समय समय पर कई आत्मसक्षात्कारियों ने जन्म लिया। इन सब ने अपने - अपने तरीके से सहज की बात कही। आईए जानें, कि वो सब क्या है जो संतों ने कहा है.....

कवीरा ते धन संचिये जो आगे को होये । ।
सीस चढाए गाठरी जात ना देखा कोए । ।

पिहले अंक में हमने कवीर के जीवन और उनके काव्य के विभिन्न स्वरूपों तथा उनके व्यक्तित्व के विभिन्न आयामों की चर्चा की। कवीर के जीवन चरित्र और उनके लेखन की सभी विद्याओं को पढकर उन्हें हम तीन स्पष्ट दृष्टिकोणों से देख सकते हैं। यानी एक भक्त कवि के रूप में, एक समाजिक चिन्तक सुधारक रूप में और एक योगी आत्मसाक्षात्कारी स्वरूप में। पिहले अंक में हमने उनके भक्तकवि स्वरूप की चर्चा की थी। इस अंक में हम उनके बाकी दो स्वरूपों पर चर्चा करेंगे।

समाजिक चिन्तक सुधारक

कवीर के जीवन काल के दौरान समाज में ईश्वर और ईश्वर भक्ति के नाम पर अंधविश्वास भ्रम एवं पाखंड फैलाकर मानव समाज का पतन तो किया ही जा रहा था बल्कि मानव मानव के बीच ईर्ष्या घृणा एवं सापदायिक भेदभाव की दीवार खड़ी की जा रही थी। अदृश्य ईश्वर के नाम पर प्रत्यक्ष इन्सान के खून की होली खेली जा रही थी और निर्जीव यानी पत्थर के सामने सजीव प्राणियों की वलि दी जा रही थी। कवीर की आत्मा ये सब देखकर तिलमला उठी। उन्होंने धर्म के ठेकेदारों को आड़े हाथों लिया। कवीर ने व्यथित होकर ऐसे तथाकथित उच्चवर्ग पर करारा प्रहार अपने शब्दों से किया।



पांडे वूझि पियहू तुम पानी । ।
जेहि मटिया के घर मा
बैठे तामें सृष्टि समानी । ।
छप्पन कोटि यादव जहाँ भीज
मुनि जन सहस्र अठासी । ।
पैग पैग पैगाम्बर गाड़े सो
सब सरि भौ भाटी । ।

हाथ झरि झरि गूद गली गली दूध कहीं से आया । ।

सो ले पांडे जेवन बैठे मटियहि सृति लगाया । ।

अर्थात् हे पंडित किसी के आचरण को पवित्र देखते हुए भी तुम उससे जाति पूछकर उसके हाथ का पानी पीने या न पीने का निर्णय लेते हो परंतु क्या तुम्हें यह नहीं पता है कि जिस मिट्टी के घर में तुम बैठे हो उसमें सृष्टि के सारे प्राणी भरकर समाए हुए हैं। इसी मिट्टी में छप्पन करोड़ यादव और अठासी हजार श्रृषि भरकर मिल चुके हैं। इसी मिट्टी से घड़ा बनता है जिसमें तुम पानी भरकर पीते हो। दूध कहीं से आता है क्या इस बात को नहीं जानते हो। हड्डियों के झरनों और मांस की गलियों तथा नालियों से ही दूध झर झर कर आता है।



राम के कटै जगत गति पावै खांड कहे मुख मीठा । ।
पावक कहैं पावें जो डाहै जल कहै तृषा बुझाई । ।
भोजन कहै भूक जो भाजै तो दुनिया तरि जाई । ।
बिनु देखे बिनु अर्स पर्स बिनु नाम लिए क्या होई । ।
धन के कहै धनिक जो होवे निर्धन रहै न कोई । ।
साँची पीति विषय माया सो हरि की फांसी । ।
कहहि कवीर एक राम भजे बिनु बंधे यमपुर जासी । ।

भक्ति के नाम पर कर्म कांड और पाखंड करने वाले पंडितों पर भी उन्होंने अनेक तरह से कुठाराघात किया। उन्होने कहा कि अगर मात्र राम राम जपने से ही मोक्ष मिल जाता तो शक्कर शक्कर कहने से मुख अवश्य मीठा हो जाता। बिना देखे बिना अनुभव किये केवल नाम लेने से क्या होता है। यदि केवल धन धन कहने से लोग धनी हो जाते तो संसार में कोई निर्धन नहीं रहता। हमें राम का परिचय पाना होगा कि राम क्या है। वस्तुतः सबका राम अपनी अपनी चेतना है। व्यक्ति का आत्म स्वरूप ही राम स्वरूप है। उसमें तभी स्थिति होती है जब जीवन से विषय वामनाओं का त्याग हो। यदि ये ना हुआ तो जीव को बाँधकर यमपुर जाना पड़ेगा।

ईश्वर को अलग अलग रूपों और नामों से पूजकर अलग अलग धर्मों और मतों को बनाकर आपस में झगड़ा वीर करने वाले धर्म के ठेकेदारों को भी उन्होंने आड़े हाथों लिया।

माला कहे है काठ की तू क्यूँ फेर है मोए
मन का मनका फेर दे तो तुरंत मिला दूँ तोए । ।

साहेब मेरा एक है दूजा कहा ना जाए
जो साहेब दूजा कहे साहेब खड़ा रसाए । ।

अर्थात् ईश्वर सभी का एक है। उसे अलग अलग नामों से नहीं बॉट सकते। जो ऐसा कहते हैं उन मूर्ख अज्ञानियों पर ईश्वर हँसते हैं। अर्थात् उनकी अज्ञानता हँसी की पात्र है।

योगी आत्मसाक्षात्कारी स्वरूप

जब मैं था तब हरि नहीं अब हरि हैं मैं नाही
सब अधियारा मिट गया दीपक देह समाही । ।

इन सुंदर और सरल शब्दों से उनका परमात्मा से एकाकार होने का वर्णन मिलता है। उन्होंने वो मार्ग बता दिया जो हमें उस परम ज्योति से मिला देता है। एकाकार होकर केवल एक ही सत्ता और रोशनी रह जाती है। जब परमात्मा के प्रेम का प्रकाश रूपी दीपक जिवात्मा में प्रकाशित होता है तब जीव और उसकी 'मैं' समाप्त होकर उसी परम ज्योति में लीन हो जाती है।

चाह गई चिंता मिटी मनवा बेपरवाह
जिनको कछु ना चाहिए वो ही शहंशाह । ।

मैं लागा उस एक से एक भया सब माहि
सब मेरा मैं सवन का तिहां दूसरा नाहि । ।

जियूँ तिल माहि तेल है जियूँ चमक मैं आग
तेरा साँई तुझमें बसे जाग सके तो जाग । ।

जो कुछ किया सैं तुम किया मैं कुछ किया नाही
कहो कही जो मैं किया तुम ही थे मुझ माहि । ।

ये सभी उद्गार जो उनकी वाणी में स्पष्ट होकर बताते हैं कि कबीर सहज समाधि में लीन व्यक्ति थे। परम पूज्य श्रीमाताजी ने भी अपने कई प्रवचनों में अत्यंत प्रेमपूर्वक चर्चा की है कि कबीर उस सहज समाधि से



भली भौंति परिचित थे। सहज ध्यान और श्री कबीर के वचन दोनो का भाव एक ही है कि हम अपने आत्मतत्व में लीन रहे। सद्गुरु के वचन सहज ध्यान में रहने ही का आदेश है। उन्होंने अपने दोहो में कहा है कि मन का निर्विचार हो जाना ही ध्यान है। जब तक हम संकल्प में रहते हैं तब तक हमारा मन संसार में रहता है और जब सारे संकल्प समाप्त हो जाते हैं तो शेष रह जाति है केवल शुद्ध चेतना। इसलिए व्यवहारिकता में भी साधक मन का पारखी बना जाता है और हर समय सभी संकल्पों का दृष्टा रहता है। फिर जब वह निज चेतना में रमता है तो मानो हर समय सहज समाधि लीन रहता है।

उनके लेखन और जीवन में सहजयोग ही झलकता है। कबीर हम सहजयोगियों के पूर्वज सहजयोगी थे। अत्यंत सरल भाषा में उन्होने संपूर्ण सत्य का सार बताया कि जब उस परमेश्वर से एकीकरण हो जाता है तो बाकि कुछ भी शेष नहीं रह जाता। सब खोकर विलीन हो जाता है एक ही परम चेतना के प्रकाश में।

लिखा लिखी की नहीं देखा देखी बात । ।
दुल्हा दुल्हन मिल गए फीकी पड़ी बारात । ।

ऐसे आत्मसाक्षात्कारी को नमन । ।

शामाप्त् ।

“शब्दांजली”

विभिन्न भाषाओं में समाए सहज ज्ञान, जिसे हम चैतन्य द्वारा महसूस करते हैं। आईए, हम उसे शब्दों के माध्यम से जानें।

Shankaracharya's praise of the divine Mother :

ऐ गिरी नंदिनी नंदित मेदिनी , विष्वविनोदिनी नंदनुते

Oh beloved daughter of the mountains, the one who brings out great joy to the Earth, the one who brings joy to the whole universe, I prostrate myself before you, who are the from of complete bliss.

गिरीवर विंध्य शिरोधी निवासिनी , विष्णु विलासिनी विष्णु नुते

Your holy abode is in the kings of the mountains, the Vindhyas. Shri Vishnu is filled with joy when he meditates on you, I seek refuge at your lotus feet.

भगवती हे शिती कंठ कुटुंबिनी , भूरी कुटुंबिनी भूरी कृते

Oh great creator of this universe, the great Goddess who is the wife of Lord Shiva, the blue throated one, and the family of Lord Shiva. You belong to the universal family and the whole universe is your family. You are the one who does greatest of great actions namely giving self realization.

जय जय हे महिषासुर मर्दिनी , रम्यक् पर्दिनी शैलसुते ॥ १ ॥

Victory to you, Oh great Goddess who killed the terrible demon Mahishasura. You are the one with the beautiful luminous face, the wife of the one who has matted locks(Lord Shiva), Daughter of the king of mountains (Shri Parvati)

सुरवर वर्षिनी दुर्धर दर्शिणी , दुरमुख मर्शिणी हर्षरते

On the Gods you shower auspicious blessings, enemies of Gods are so powerful yet you are able to keep them away . You are the destroyer of the evil faced ones i.e demons. You are the giver of uninterrupted happiness.

त्रिभुवन पोशिणी शंकरतोषिणी , किंलिष मोशिणी घोषरते

You are the one who looks after and sustains all the three worlds. The one who is the ultimate joy of Lord Shankara. You alone can destroy all our sins which you do

by giving us self realization. Yet, for those who are the enemies of the Gods and your children, you are always a ferocious expression that says "BEWARE".

दनुज निरोशिनी क्षित सुतरोशिणी , दुर्मुद शोषिणी सिंघुसुते

You show to the Gods that you are pleased with them, Yet, to the sons of Diti (Different from Aditi = the Mother of the Gods)who are the demons, you always show your displeasure, even though there may be demons who have great strength, you can take their evil strength away.

जय जय हे महिषासुर मर्दिनी , रम्यक् पर्दिनी शैलसुते ॥ १ ॥

Victory to you, Oh great Goddess who killed the terrible demon Mahishasura. You are the one with the beautiful luminous face, the wife of the one who has matted locks(Lord Shiva), Daughter of the king of mountains(Shri Parvati).

अयि शत खंड विखंडित रुंड , वितुंडित शुंड गजाधिपते

Oh Goddess, you cut the demons into 100 parts, and then cut them again and scatter the pieces, and pulverize the remaining parts into less than dust, even those demons that could be described as powerful as the kings

of elephants.

रिपुगज गंड विदारण चंड , पराक्रम शुंड मृगाधिपते

The demons who are as strong as elephants or as ferocious as Lions, You alone Oh great Goddess cut them and smash them into nothing.

निजभुज दंड निपातितचंड , विभातीत मुंड मठाधिपते

All this you do using your own powerful arms i.e without the help of anyone else. And after having destroyed them completely if any thing remains there. You scatter that also away. You cut off their heads in one sweep and toss them away like ball .



जय जय हे महिषासुर मर्दिनी, रम्यक् पर्दिनी शैलसुते ॥१॥

Victory to you, Oh great Goddess who killed the terrible demon Mahishasura. You are the one with the beautiful luminous face, the wife of the one who has matted locks(Lord Shiva), Daughter of the king of mountains(Shri Parvati).

धनुरणुसंग रणक्षणसंग , परिस्फुटदंग नटत्कटके

In the battle field you are so absorbed in the battle that your arm moves continuously shooting arrows, Your entire body shakes as if you are dancing and your bangles make musical sounds (All these denotes that even when she is vanquishing the force of Gods, She does it with total concentration , with grace and beauty).

कनक पिशंग पुषत्क निषंग , रसद् भट शृंग हता बटुके

Oh great Goddess who destroyed the demon Batuke. when you shoot your arrows in the battle field they look like flashes of gold yellow and light shining from your bow (Kanak =Gold, Pishanga= Yellow, Ninshanga rasad bhat shrang= Making sounds that are pleasing to the ear's).

कृत चतुरंग बलक्षिते रंग , घटद् बहुरंग रटद् बटुके

And your very presence makes the army of Gods filled with enthusiasm, joy and valor, and even their arrows which are in the quiver on their backs, shine forth with new colors and seeing all this Lord Bhairava dances in front of you in great ecstasy, repeating over and over again " Jai Mataji Jai Mataji "

जय जय हे महिषासुर मर्दिनी, रम्यक् पर्दिनी शैलसुते ॥१॥

Victory to you, Oh great Goddess who killed the terrible demon Mahishasura, You are the one with the beautiful luminous face, the wife of the one who has matted locks(Lord Shiva), Daughter of the king of mountains(Shri Parvati).

जय जय जय जय शब्द , परस्तुती तत्पर विश्वनुते

Oh great Goddess, who bring salvation to the world, our complete prostration before You; constant incarnation of your Holy name is the most supreme prayer that a devotee can take for his own meditation, and when he gets absorbed in saying Your name, need for other sounds and languages falls away. Oh Goddess who have brought salvation to this world, we constantly prostrate ourselves before you .

इन इन झिंझीत झिंकृत नूपुर , झिंजित मोहित भूतपते

Lord Shiva, who is though beyond sound and language, when he hears the sound of your wondrous ornaments moving against one another, when you are in battle or in dance and making sounds like Jhana Jhana Jhinjita and Jhinkruta, he becomes totally filled with joy and leaving his meditation desires to hear his heavenly sounds again and again.

नटित नटार्थ नटिन् नट नायक
नाटित नाटय युगानुरते



Oh great Goddess, who took the form of Ardha Narishwara, when you dance in the company of other great dancers, You put them all to shame and for Your divine cosmic dance, You always have the greatest musicians and singers to accompany you.

जय जय हे महिषासुर मर्दिनी, रम्यक् पर्दिनी शैलसुते ॥५॥

Victory to you, Oh great Goddess who killed the terrible demon Mahishasura, You are the one with the beautiful luminous face, the wife of the one who has matted locks(Lord Shiva), Daughter of the king of mountains(Shri Parvati)

अयि सुमनस् सुमनस् सुमनस् सुमनस् सुमनोहर कांतिळते

In this line the poet uses the word "Sumanas" four times and each time he uses it to denote a different aspect of the Devi.)With the beautiful mind, you are also a soft flower. Though we are seeking you in the form of Shri Durga , Your mind is as that of Lord Shiva and Parvati. Your being so beautiful, and seeing You in this beautiful form our minds become as beautiful as pure as those of the gods, and we worship You even more because. You are the One who is totally effulgent and all kinds of lights emanate from You.

श्रीत् रजनी रजनी रजनी रजनी , रजनी कर वरुवृते

(Here he word Rajani, has four different meanings)

The night takes Your protection, Beautiful, You are the One whose arti we do. You are the One who has no birth. You are eternal, in Your hand You hold lotus ; Your noble face shines like a full moon.

सुनयन विभ्रम रभ्रम रभ्रम रभ्रम , रभ्रम भ्रमराधिपते

And we see Your beautiful eyes under the lovely dark eye-brows that look like cluster of bees. And Your name is also Shri Bhramahri Devi, that when You raise Your eye-brows, the three lines that are formed on Your forehead are the three worlds themselves and simply by the movement of Your eye-brows You create and dissolve the three worlds.

जय जय हे महिषासुर मर्दिनी , रम्यक् पर्दिनी शैलसुते ॥ ६ ॥

Victory to you, Oh great Goddess who killed the terrible demon Mahishasura, You are the one with the beautiful luminous face, the wife of the one who has matted locks(Lord Shiva), Daughter of the king of mountains(Shri Parvati).

सहित महावर्ण मल्ल मतल्लिक, यल्लिक रल्लिक मल्लरते

In the battlefield when You are faced with great fighters, You do battle with them in the way in which they fight.

विरचीत यल्लिक पल्लिक मल्लिक, झिल्लिक भिल्लिक वर्गळते

When You are confronted with such powerful demons who use no weapons. You become totally absorbed in the battle, and make plans to destroy them after You have tired them and all this brings joy to the Bhil tribals who were being harassed by these Mallas.

सितव्रत फुल्लि समुल्ल सितारुण, तल्लज पल्लव सल्ललित

Your actions are so beautiful, like the rays of the rising sun, and become apparent to us as if flowers are suddenly blossoming on creepers and seeing all these beautiful actions Lord Shiva becomes pleased.

जय जय हे महिषासुर मर्दिनी रम्यक् पर्दिनी शैलसुते ॥ ७ ॥

Victory to you, Oh great Goddess who killed the terrible demon Mahishasura, You are the one with the beautiful luminous face, the wife of the one who has matted locks(Lord Shiva), Daughter of the king of mountains(Shri Parvati).

कमलदलामल कोमल कांति, कला कलि कामल भाललते

Those beautiful pure clusters of lotuses that emit very gently and sweetly beautiful light. You have made these flowers blossom by Your own powers and have kept them in your hair.



सकल विलास कला निलयकम , केलि चलतकल हंस कुले

Heavenly swans have the power to discriminate, are filled with complete joy and move around in exited manner. and when they recognize all Your great work they are filled with complete joy and move around in exited manner.

अलिकुल संकुल कुवलय मंडल, मौलि मिलद यकुलालि कुले

Just as clusters of bees are attracted to groups of fragrant lotuses, the stars come in clusters attracted to Your forehead.

जय जय हे महिषासुर मर्दिनी रम्यक् पर्दिनी शैलसुते ॥ ७ ॥

Victory to you, Oh great Goddess who killed the terrible demon Mahishasura, You are the one with the beautiful luminous face, the wife of the one who has matted locks(Lord Shiva), Daughter of the king of mountains(Shri Parvati)

“This Happened!”

Some pearls extracted from the ocean of memoirs about the Divine Incarnation “Our Beloved Mother” woven together so that our knowledge enhances through sharing with our brothers and sisters.

Miraculous Escape from Tsunami

Everybody is aware of the tsunami episode, which shook and shattered several places including the group of islands of Andaman and Nicobar in Indian Ocean. Nobody knew to



escape from the tyranny of the tsunami waves devastating lives and properties, but during it the Divine saved all the Sahaja Yogis in that island area.

In a village Gyarra Charma of Port Blair, Andaman, where the main center of Sahaja Yoga is held every Friday evening, Mrs. Puspa Samaddar who conducts the center has witnessed the disaster and she narrates her experience as follows:-

“It was Sunday, 26/12/04 morning. I was meditating with my son at the lotus feet of H H Shri Mataji. I felt a swinging movement and initially mistook it as Divine vibrations. But after opening my eyes I found a pipe of our asbestos roof rattling on, and so I shook my son. We were in the process of reading Devi Kavach, my son said, “Mummy, don't worry, Shri Mataji is with us”, and we completed reading it. After that, we took the holy photograph of Shri Mataji and set an altar in our lawn, lit the candle and started playing the cassette where Shri Mataji explains 7 chakras with intermittent songs at full volume. A fury of the tsunami waves was at its peak, already swallowing the area of Port Blair, but miraculously no storm or earthquake could affect the flame of the candle. I realized, the reading of Devi Kavach everyday was a must as told by Shri Mataji. I was quite calm and quite. In front of Her photograph,

I said, “Your daughter is joyously ready to accept Her desire -Jaisse Rakho Vaise Raho”. While none dared to enter their houses, I went to cook, to serve others outside. I was confident that nothing could happen to us being Sahaja Yogis.

One Sahaja Yogi was in his brother's place near sea-shore. He saw tsunami's dragonian 30 ft-high waves. He realized the savior role of Shri Mataji and rushed to the centre for refuge. He spent there next 3 months peacefully.

Witnessing the continuous roaring ocean, next day I worshipped the ocean with vibrated kumkum, haldi, water, flower etc. uttering the 'Samudra-Shant' and 'Bhumikamp-Shant' mantras arising from my inner-self and then the ocean there calmed down.

When I joined my office after 3 days, my disturbed colleagues asked me, “Aap Kiss Chakki ka atta Khati Hai?” I replied, “The chakki is beyond description as it is the Adi Shakti Herself, my Guru Shri Mataji Nirmala Devi.”

In the tsunami tragedy about 30-40 thousands were lost in Andaman area. We all Sahaja yogis with our belongings remained safe.

When Mother's photo frame cracked

Once in Udhampur, two ladies named Mrs. Cheema and Santosh went to a small village to spread Sahaja Yoga. A big photo of frame of Shree Mataji was placed on the chair. Many villagers were interested in learning this new technique. At the back, three men wearing black chogas who were, actually tantrikas were sitting on chairs. They were asked to sit down but they refused. As the realisation started and everyone went into meditation, strong dusty wind started blowing and Shree



Mataji photo's frame cracked. Soon people realised that the three men were not present on their chairs anymore. When the villagers asked the Sahaja Yoginis the reason behind it, they replied that they were trying to concentrate on their Agya Chakra and therefore trying to harm the collectivity. But when they realised that in front of "DEVI'S photo" it was impossible to do so, they ran away.

Divinity on the highway

Once in Germany, a lady was driving her car at a very high speed. Suddenly she realised that the brakes of the car were not working. She closed her eyes and put down her head on the steering and prayed to Shreemataji to help her. When she opened her eyes, to her surprise her car was in parking space and she was "safe".



Dhania

Shree Mataji not only saves the lives of her children but also ensures that her children (sahajayogis) do not face even a minute of a problem. Once a lady was preparing food. She was chopping 'dhania', while also thinking of H.H. Shri Mataji. Soon 'dhania' got finished. To her amazement, a 'dhania' seller came from where it had never come before and gave 'dhania' to the lady free of cost.

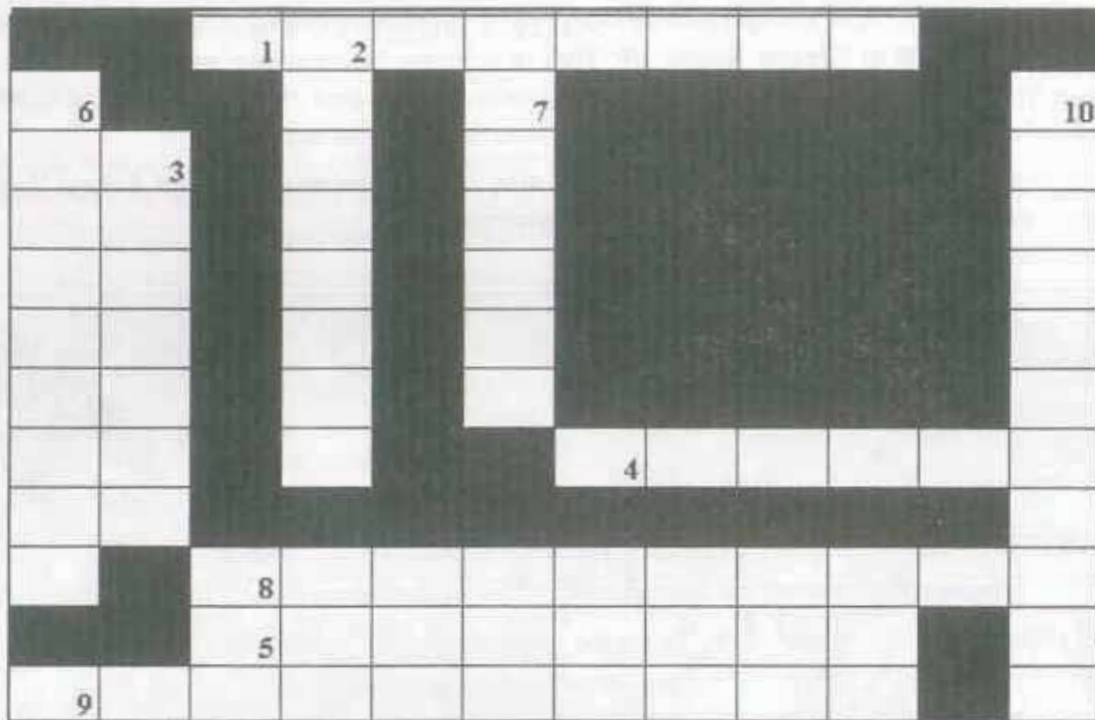


चैतन्या धार आ वहनें लगे हैं।

श्री माँ ध्यान से निर्मल हो गये हैं
चैतन्या धार आ वहनें लगे हैं
जब से आएँ माँ हम तुम्हारी शरण में
मुरझाएँ फूल हम खिल उठे हैं
बस्यचैतन्य के इस सागर में डूबें
पाया है प्रेम माँ की भक्ति से
खुशियों का दिन आया है
जो खोजा वो पाया है
आदिशक्ति के चरणों में हम उतरने लगे हैं
चैतन्या धार आ वहनें लगे हैं
प्रकट ना होती अगर माँ निर्मल ज्याति
कैसे पाते हम आत्मतत्व को
निर्मल के ध्यान में करुणामयी के प्यार में
माँ हम कुछ पाने लगे हैं
देखा है माँ को गगन के तारों में
पाया है माँ को चाँद और सूरज में
अब तो माँ को जान लिया
अब तो पहचान लिया
ऐसी शक्ति को हम पाने लगे हैं
चैतन्या धार आ वहनें लगे हैं।

अनिता कुमारी (यू पी)

"Find the words"



QUESTIONS

ACROSS:

1) He was the first Sikh Guru and he believed God is in all, regardless of caste, creed, sex and religion .

4) Guru.....established the city "Amritsar" means pool of nector. He gave the message that one could fulfill one's life not merely by meditation, but in actively participation in the joys and sorrow of others. This is how one could also get rid of prime malady of EGO and end their spiritual loneliness.

5)Guruwas the fifth Guru and he first compiled the Guru Granth Sahib.

8) At very small age Guru...sucked all the negativity of the surroundings and passed away at the tender age of 8 years.

9) "SisGanj" Gurudwara is built in the memory of Guru

DOWN:

2). Guru...was a great disciple of LehanaJi. He put the beautiful songs of Guru Nanaka Deva into a script called Gurumukhi.

3) He tried to foster the idea of women's equality. He

said "In the house of God, Justice is sure, its only a matter of time. The arrow of humility and patience- on the part of innocence and peaceful never fall in their aim." He was Guru...

6) He used to carry a Hawk, two swords one is Shakti (Power) called Miri and other Bhakti (Meditation) called the Piri.His name was Guru...

7) Guru ...said "Guruship is like the milk of Tigress which can only be contained in the cup of Gold."

10) He started the 5K's (Kesh=Hair, Kangha=Comb, Kachcha=Underwear, Kada=A metal bracelet, Kripaan = A mini sword). He was the last (tenth) guru ,he was Guru

ANSWERS
 Across 1 Nanakdev, 4 Ramdas, 5 Arjandev, 8 Harkrishan, 9 Tegbahadur
 Down 2 Angaddev, 3 Amardas, 6 Hargobind, 7 Harrai, 10 Gobind Singh.

“विश्व निर्मल प्रेम आश्रम से...”

H.H. SHRI MATAJI NIRMALA DEVI inaugurated an NGO (Non Government Organisation) called VISHWA NIRMALA PREM ASHRAM at Greater Noida, UP. This is a Home for destitute women and orphan children with a focus on girls. The Ashram provides them education and vocational training to help them become self-dependent citizens of the country and lead their life with dignity.

Apart from becoming responsible citizens, they have also blossomed into beautiful Sahaja Yogis. Below are some pictures of their participation in various seminars.



National Seminar 2005 (Chamba)



National Seminar 2006 (Yamkeshwar)

“The Great Indian Saga”

The deep-rooted glory of Indian heritage encompasses volumes of mysteries behind our present establishment with truth. Shri Mataji tells us that we must know our roots. Thus, lets acknowledge the Indian treasures like the deep ocean of music. And carry forth our Great Indian Saga...

India's greatest rock-cut architectural treasure Ajanta & Ellora

Shree Mataji has blessed India with rich architectural treasures. Indian architecture showcases the country's rich heritage and splendid culture. India is the home of one of the Seven Wonders of the world - Taj Mahal. India has greater variety and quantity of rock-cut architecture than any other country in the world. One of the most talked about Indian treasure in Mother's lectures is **The Ajanta & Ellora caves**. The most elaborate and varied example of great artisans of Indian architecture, the handcrafted caves scattered



throughout India's western state of Maharashtra, The Ajanta and nearby Ellora are two of the most amazing archaeological sites in India. They are man-made temples cut out of massive granite hillside. The caves were built by generations who lived, worked, and worshipped in the caves, slowly carving out elaborate statues, pillars, and meditation rooms.

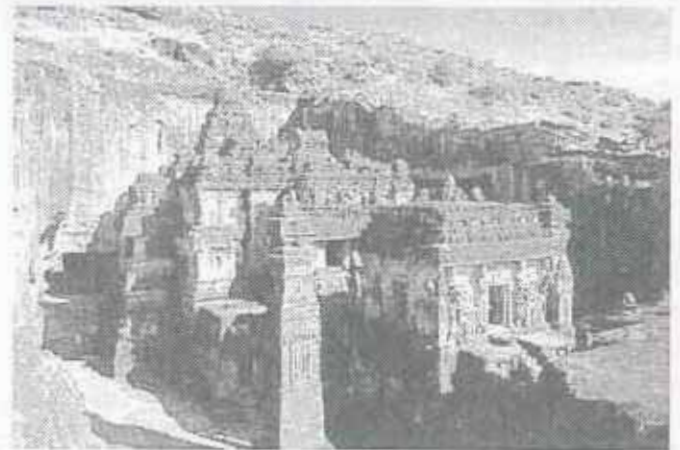
The Ajanta (more properly known as Ajujnthi), a village in the erstwhile dominions of the Nizam of Hyderabad in India and now in Buldhana district in the state of Maharashtra is celebrated for its cave hermitages and halls. Located 99-km from Aurangabad, Maharashtra, the Ajanta encompasses 29 rock-cut rooms created between 200 BC and AD 650 using rudimentary hand tools. Most are viharas (living quarters), while four are chaityas (temples). The Ajanta caves were discovered in the 19th century by a group of

British officers on a tiger hunt.

The artisans responsible for Ajanta did not just hack holes in the cliff, though. They carefully excavated, carving stairs, benches, screens, columns, sculptures, and other furnishings and decorations as they went, so that these elements remained attached to the resulting floors, ceilings and walls. They also painted patterns and pictures, employing pigments derived from natural, water soluble substances. Their achievements would seem incredible even if they had been executed under ideal circumstances, yet they worked only by the light of oil lamps and whatever little sunshine penetrated cave entrances.

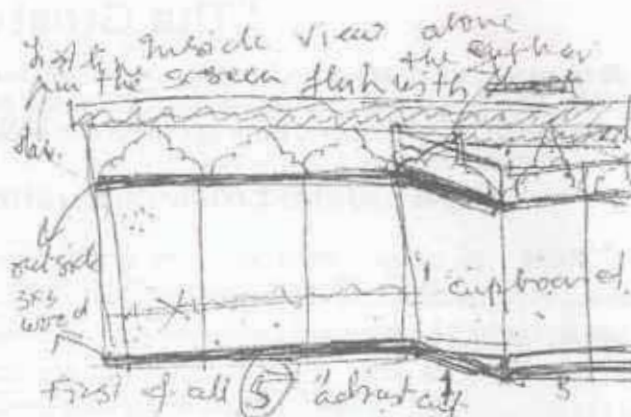
Located about 30 Kilometres from Aurangabad, extending more than 1.6 km on a hill, the 34 rock and cave temples of Ellora (5th-13th century) are known for the genius of their sculptors. It is generally believed that these caves were constructed by the sculptors who moved on from Ajanta. This cave complex is multicultural, as the caves here provide a mix of three different religions.

Although all of the caves at Ellora are stunning architectural feats, the Kailasa Temple is the jewel in the crown. Carved to represent Mt. Kailasa, the home of the



(The gigantic, 8th century Kailasa Temple, Ellora, Cave 1)

God Shiva in the Himalayas, it is the largest monolithic structure in the world, carved top-down from a single rock. It contains the largest cantilevered rock ceiling in the world. The Kailasa Temple is considered the pinnacle of Indian rock-cut architecture. The Kailasa temple was chiselled from a solid stone. It consists of a gateway, antechamber, assembly hall, sanctuary and tower. Virtually every surface is lavishly embellished with symbols and figures from the puranas (sacred Sanskrit scriptures). The temple is connected to the gallery wall by a bridge. The Kailasa temple is an illustration of one of those rare occasions when men's minds, hearts, and hands work in unison towards the consummation of all Supreme idea.

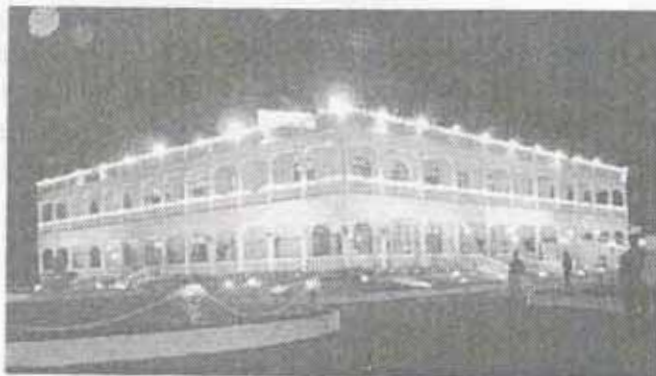


Drawing By Shri Mataji

Shri Mataji: The Greatest Architect

Mother herself has planned the architectural themes for various Sahaja Ashrams around all over the world. Few examples are the Pratishthan in Pune, Nirmal Prem Ashram in Noida, Qutub Ashram in Delhi etc.

(Nirmal Prem Ashram, Noida)



Once a Sahaji was sharing a book on Indian palaces. Shree Mataji asked everyone to feel the range of vibrations coming out of each palace. All felt cool vibrations from an old palace in Badoda. Mother told "it was because of the fact that the architect of that palace was a realized soul."

With the Blessings of Our Divine Mother, the holy Birthplace of our Mother at Chhindwara was acquired by H. H. SHRI MATAJI NIRMALA DEVI SAHAJA YOGA TRUST, India, on 14th July, 2005. To preserve the historic birthplace of our Divine Mother, renovation and reinforcement of the existing building structure has been ensured keeping in mind its perpetuity as a Shrine. A conservation architect from the Indian National Trust for Culture and Heritage has been commissioned to reinforce and renovate the Birthplace while maintaining the Birthplace in its original facade and form.

We as Yuvashakti make an appeal to all the Sahaja Yogis and Yoginis from all over the world to contribute for this momentous occasion and support this historic project by making financial contributions.

"The greatest friend you have is the Divine Power which is looking after you and doing everything for you."

“Memories of Divine”

This is to recollect experience of a Yogini, Auriol Williams who had her own vision on what dedication meant or how the surrender may come. This comes as a series of beautiful memories of our Divine Mother to share with everyonea part of which gets reflected through the poem she composed....

The Queen of Heaven

When I was but a child I first saw the Queen of Heaven
She stood swathed in silken garb with golden hue
Her face it shone towards me with love and light
I will come and I will protect you is what She said to me

And She did come and She did protect me.

When I was still a child I saw the Queen of
Heaven once more

She stood upon the Earth ringed in fiery glow

My fear was for my heavenly Mother
but She turned and said

I am your Mother I will allow no harm to
come to you or me

I fell at Her Feet and prayed I never had to leave

I am older now and the world intrudes

My Mother still protects me and loves me more

But what of me, am I still at my Mother's Feet

I may not be constant and I may not be perfect but

She is within my heart and She is the soul of me.

Auriol Williams

The first verse is based on this experience:

She was wearing the same sari as in my dream

Before I met Shri Mataji, my parents and I were going through a very rough patch in our lives. I was five at the time. I had a dream that an Indian lady, who I later discovered was Shri Mataji, was standing at the prow of this barge and She was looking towards me. I was not in the barge, 'Don't worry, I'll come and get you soon,' She said with great love in Her eyes, in the dream. She was wearing a sari which had spots on it and I remembered it very clearly.



My parents went to meet Shri Mataji down in London. I didn't go down because we were living in Scotland at the time. However, Mother came up to our house with a lot of

Sahaja Yogis from London. My parents had come back before and told me that Shri Mataji was coming. When She arrived, Her car pulled up and it was a Mercedes. I remember Her getting out of the car and She was wearing exactly the same sari as She had been wearing in the dream, so I knew exactly who She was.

The second verse is based on this experience:

I am the fire

Once in Shri Mataji's house in Brompton Square, London, which was being redecorated, Mother was walking around and directing people. She would tell us where paintings and other decorations were to go and what colour this door or that window frame was to be painted.

It was a mess to begin with. One always has to make a mess to create a house. One day, Mother was walking around amid the rubble and dust. I was in a room where some people were making plaster moldings to go on cornices. Some other people had been working in the room too and someone had left a blowtorch



burning. It was pointing into the middle of the room and Mother walked in. Shri Mataji, wearing a highly inflammable nylon sari, walked towards the blowtorch and, as She passed very close to it, the flame leapt right out of the nozzle and went completely around Shri Mataji two or three times, forming a ring a few centimetres away from the sari.

She appeared not to see the torch and walked straight in front of it. A flame leapt out of the torch, then went round Her synthetic sari below knee height in a blue ring, then back into the torch. While all this was happening, I was horrified and took a dive across the room to move the torch. I landed in an undignified heap at Mother's Feet. When we realized what had happened, we looked up in amazement to find Shri Mataji smiling down at us.

'I am the fire, how could it hurt Me?' Shri Mataji said, and She went on Her way to supervise putting in some pipes in the next room.

“Vande Mataram”

As Indians it becomes very imperative to know some true fascinating and interesting facts about our amazing INDIA :

* **INDIA** is called **Bharat** in **Satya yuga (Golden Age)**, The official Sanskrit name for India is “Bharat.”

* **India never invaded any country** in her last 10000 years of history.

* **When** many cultures were only nomadic forest dwellers over 5000 years ago, Indians established Harappan culture in Sindh Valley (Indus Valley Civilization).

* **India** is the largest democracy in the world, the 6th largest country in the world and one of the most ancient and living civilizations (at least 10, 000 years old).

* **Takshila** holds distinction of being world's first university. It was established in 700 BC. More than 10,000 students some of them from far-off countries like China and Japan enrolled in about 60 subjects. It was one of the greatest achievements of Ancient India.

* **The University of Nalanda** built in the 4th century was one of the greatest achievements of ancient India in the field of education.

* **Sanskrit** is the oldest literary language of India, it is considered the mother of all higher languages. It forms the basis of many modern Indian & European languages. It is also known as the language of God's. 'Sanskrit' is the most precise language, and therefore is very suitable language for computer software.

* **India invented the Number System.** Zero was invented by Aryabhata.

* **Algebra, Trigonometry and Calculus** are studies which originated in India.

* **The place value system**, the decimal system was developed in India in 100 BC.

* **The value of pi** was first calculated by Indians (this in the 6th century long before the European mathematicians) and also the concept of Pythagorean Theorem.

* **The game of snakes & ladders** was created by the



13th century poet saint Gyandev. It was originally called 'Mokshapat.' The ladders in the game represented virtues and the snakes indicated vices. The game was played with cowrie shells and dices.

Later through time, the game underwent several modifications but the meaning is the same i.e good deeds take us to heaven and evil to a cycle of re-births.

* **The art of Navigation** was born in the river Sindh 6000 years ago. The very word Navigation is derived from the Sanskrit word NAVGATIH. The word navy is also derived from Sanskrit 'Nou'.

* **The earliest reservoir** and dam for irrigation was built in Saurashtra. during Chandragupta Maurya's time.

* **The largest employer** in the world is the Indian railway system, employing over a million people. India has the most post offices in the world.

* **The Baily Bridge is the highest bridge** in the world. It is located in the Ladakh valley between the Dras and Suru rivers in the Himalayan mountains. It was built by the Indian Army in August 1982.

* **India is very rich in natural resources** coal (fourth-largest reserves in the world), iron ore, manganese, mica, bauxite, titanium ore, chromite, natural gas, diamonds, petroleum, limestone, arable land.

* **India** has the second largest pool of **Scientists and Engineers** in the World.

* **India** is the only country other than US and Japan, to have built a super computer indigenously.



Albert Einstein quotes “ **We owe a lot to the Indians, who taught us how to count, without which no worthwhile scientific discovery could have been made.**”

“Introspection & Surrender”

A Sahaj Yogini shares her Sahaj journey from one of ritualistic fanaticism to that of introspection and complete surrender.



In an age where life is as fast as a metro and people have less time even for themselves, I thought taking out 20 minutes in the morning and 20 minutes in the evening would be too much for me. But when that sweet white bearded gentleman told me it is worth a trial, my heart unknowingly gave consent to it. Also the miracle of my fingers trying to give me new indications was a new thing for me. And thus

Shri Mataji chose me.

Years went by, believing that I had got my path. But then sometimes I felt something lacking... the eternal light was amiss. I started following Sahaja Yoga as a ritual. Doing the morning and evening meditation, sometimes some shoe beating, other techniques... Then one day I met a Turkish Sahaja Yogini who also happened to be my friend. We started talking about the general problems in life. And then she said that whatever one does or feels in one's life, if one is not surrendered fully to Mother, then there is no reason why we should feel that we are not getting total benefits of Sahaja Yoga. It was then that I realized that through the years I have been missing the most important essence of it all. Shri Mataji has been clearly saying that she would be looking after all our needs. But we have been short-sighted to see that once we take realization, it is all that is expected out of us. We thought that following the regular clearance routine and doing meditation was enough. But what I had been simply forgetting was the fact that Shri Krishna also asked for one simple thing and that is the "Ananya Bhakti."; which precisely means that whatever we do, should only and only be an ode to Shri Mataji. It has to be done with complete faith, complete surrender, and unconditional love. The benefits would be far reaching. That is to say that whatever is done as an ode to the Mother, cannot go wrong. So if our deeds are always right, their results would be also right and thus we would be peaceful with ourselves. And surely we would have no reasons to regret.

This reminds me of a verse by Shri Shankracharya (8th century AD)

Through the insight of self surrender
Let my prattle become the recitation of Your name
The movements of my limbs,
gestures of worship to You
My footsteps, perambulation around you
My food, sacrificial offering to You
My laying down, prostration to You
Whatever I do for my pleasure



Let it become transformed

Into an act of Worship to You.

I feel after trying to follow the given path, I feel I have tried to come closer to my spirit. For this thought also I am thankful to our Holy Mother..... But the bliss is all mine.

Jai Shri Mataji.

Ameeta Dara

“It is God who rules,
it is He who
does, it is He who has created
everything and it is He who
Enjoys everything.”

“Papaji’s Words of Wisdom”

On their 59th wedding anniversary, Papaji shares his and Mother’s experience of stay in Australia and how Australian Sahaja Yogis have set an example for all of us to follow.

April 7, 2006

It is difficult to express oneself when one is moved by emotions. Allow me first to thank you, Sir Mr. Michael Fogarty, for your very kind words of congratulations, and may I reciprocate by congratulating you on having celebrated your own 45th Wedding Anniversary. And I wish many, many more; many more than fifty-nine.

For me these fifty-nine years have been heavenly. Everything that I have done, I owe and charge it to one person, the person who is sitting next to me here. And also you will agree, all of you, that I am probably the most fortunate human being on Earth!...

But I do want to say that coming to Australia has been an absolutely wonderful experience, wonderful. I do not say anything that I don’t feel in my heart. I can tell you honestly that I have been a great admirer of your Mother’s Sahaja Yoga. But when I came here and saw the Sahaja Yoga as practised in Australia, I realised how glorious the concept was, because I have seen Sahaja

Yoga here at its best; and please believe me, that is true. It is just wonderful to see how all of you constitute one loving, caring family, the kind of family that She wanted to create, and She has successfully created here. Your devotion to Sahaja Yoga is unparalleled. Your commitment to each other is unparalleled. Here you see real brothers and sisters, Sahaja Yogis and Sahaja Yoginis, they are at their best, Yuva Shakti are at their best, ... Shakti are at their best, everything. How you do it, I don’t understand, I don’t know; but I want to tell you that I am profoundly grateful, that when you and your friends extended invitation to your Mother which is right, you included me also in that and ... and I announced... that I may accept it. Well I have..., my life would have been incomplete if I had not had this experience.

People talk of heaven which is somewhere, I don’t know where. But if there is heaven anywhere, it is here; if there are angels anywhere, they are sitting here; and I really admire you, I love you and I want to worship you as Her creation, as angels created by the Goddess. It is a perfect heavenly gathering where She is residing and you are all here, and it is a model, and wherever I go I’ll preach this. It’s the kind of relationship that you have, the kind of commitment that you have, the kind of devotion you have to the highest values of life, is truly, truly astounding, and if I hadn’t seen it I would have found it difficult to believe, but there it is. So, it’s a great, great experience, very elevating experience which I have had wherever ... going, and I want to express, I can’t thank you, thank you is not the word. I can only express my

admiration and my love, and my deepest gratitude for all that you have done.

Imagine, the Sahaja Yogis had no more than six weeks’ notice of our coming here, and in six weeks they remodelled this whole house. Who on earth could have done it, and done it so beautifully? But it is, it is heaven on earth! What else is heaven? So in six weeks’ time!

And ever since we have come, every moment, every day has been absolutely wonderful and glorious. I can go on and on about this, but I want to tell something a little more, and it is that I am deeply grateful to Australia and Australian Sahaja Yogis, your collective, for having provided the medical team which has looked after your Mother, and I want to express my very, very deep gratitude to Dr. Bohdan and Dr. Ramesh Manocha, and the nurses, sisters who are here. They have done a marvellous job and Australia, Australian Sahaja Yogis, Australian climate, hospitality, and the medical team, they have all had a wonderful effect on Her.

I have been noticing ever since I have come, and I want to show you, She is much, much better. She is feeling happier, She is much better than She was, and for me there could be nothing better than that, that She should be better. And I assure you that it is because of



Australia, because of your love, and because of the doctors and the nurses who have given of their best, everything possible. And I have also been the recipient of great kindness. I can't thank them enough. I owe my life to these doctors. I would not probably have been here, but for them. So this was something in my heart that I wanted to mention, that we have had wonderful programs, we have wonderful food from the kitchen, everything has been perfect. I don't know that there could be anything better than what we have experienced.

So I want to conclude now, but I conclude by expressing



on behalf of your Mother, Her love for you, and Her warm appreciation. I am sure She is extremely happy that Her children have done so beautifully here. I carry with me wonderful memories, carry them always, and I told them in a gathering, you have asked for trouble, and trouble will come: we will come back.

There is one thing more that I want to say: if you go to another country, you know immediately who is the leader and who the followers. Here you come, you look around, you don't know who the leader is; because the leader here is a wonderful person, he does not lead, he invites every other person to lead. And that is how a collective should work. It is also a very, very good example of how Her idea of collective leadership should be implemented. I want to congratulate Chris and Michael Fogarty and all of you, on the wonderful way in which you are implementing Her view of Sahaja Yoga. It is difficult to find Chris, because he is... there, not here even. This is really, this is leadership. This is what She wants, She wants everyone to participate in the same way. That is the meaning of collective leadership and I assure, I tell you really, this is a glorious example,



a beautiful example. So I congratulate Chris again, for whatever; and you know he is behind everything, I know that. Sitting here, I know what he is doing, which is never in the forefront. He is pushing everybody else: "You come, and you come, and you come." It's marvellous, and I admire him, and he is setting a new example. I will cite it, wherever I go. And thank you all very much; you are all the same. Nobody is the leader here, everyone is together. This is the real meaning of collective leadership, and this is what She wanted. She wants this kind of leadership. And I assure you I have seen this only here so far. But this is Her dream, and I'll carry this message everywhere. This is how Sahaja Yoga will ... collectively

So thank you again very, very much; thank you.

And now, to the music team: very beautiful music, always.

Thank you.

"God is infinite. You don't have to count His aspects. You want to enjoy Him. The wise simply eat the fruit, They do not count the leaves, roots and branches."

“SA RE GA MA...”

Music helps us establish our connection with the all pervading power of God. The seven basic notes (sa, re, ga....) correspond to our seven chakras and encompass in them the pure knowledge which gets manifested in various forms like ragas, bhajans, ghazals, etc. Sa Re Ga Ma is the bridge that helps connect our physical to the subtle.

Genesis and Evolution of Indian Music

The earliest existent work that provides considerable information on music theory is Bharata's Natyashastra, which is primarily a treatise on the dramatic arts, including music. This work was probably written in the period between the 3rd century B.C. And the 5th century A.D. In the beginning, it is believed that music was known only to



Lord Shiva, Lord Brahmadeva and the goddess Saraswati. This art was later taught to the Gandharvas and Apsaras (celestial's musicians). It was Bharata, Narada and Lord Hanuman who brought it to the earth.

According to the scriptures, sage Narada practiced great austerities for several years and was honored by Lord Shiva who taught him the great art of music. It is said that from the sleeping position (Shayanmudra) of his wife, goddess Parvati, Lord Shiva created the Rudravina (an instrument with a form similar to the sitar). From his five mouths, five ragas emerged while a sixth was created by the goddess Parvati. These ragas were named according to Lord Shiva's movements to east, west, north, and south and toward the sky, and were called Bhairav, Hindol, Megh, Deepak, and Shri. Raga Kaushik was created by the goddess Parvati herself.

Indian Music as we know it today evolved during medieval period. In the 13th century, Sarangadeva authored a large work called Sangitaratnakara, which listed 264 ragas. By this time, the Islamic presence was beginning to be felt in India and it heralded a new era in Indian music. Muslim

extended their patronage to music. Music flourished in India under Muslim rule and was subject to a number of new influences, including those of the mystic Sufi sect. As a consequence new elements, forms, and instruments came to be introduced into Indian Music. Among the vocal forms, were the Qaul which gave rise to the Qawwali and the Tarana, both of which are heard today. The sitar and the tabla also belong to this period. The Persian poet Amir Khusrau (1253AD-1325 AD) is believed to have made a major contribution in the development of the Qawwali as well as the Sitar (which was also called Sahatara).

Rulers such as Mohammed bin Tughlaq and the sultan of Jaunpur, Ibrahim Shah Shariq were known to have encouraged music and maintained several musicians in their courts during the 14th and 15th centuries. Among the later 15th and 16th century patrons were Raja Man Singh Tomar of Gwalior and Hussain Shah Sharqi of Jaunpur. Musical patronage reached its zenith under the Mughal emperors Akbar (1555-1605AD), Jahangir (1605-1627AD), and Shahjahan (1628-1658AD). The legendary composer



Tansen (1492-1589AD) is believed to have been a member of the court of Akbar. His enchanting music is believed to have had the power to bring rains and light lamps.

Music was also becoming more popular and was no longer the preserve of the upper classes. Most compositions had initially been in Sanskrit but by the

sixteenth century they were being composed in the various dialects of Hindi -- Braj Bhasa and Bhojpuri among them -- as well as Persian and Urdu. A key role in this regard was played by the great poet-saints who chose to communicate in the vernacular tongues. Their compositions created a great upheaval in north India and led to the bhakti (devotional) movement. The lyrics of Surdas (1483-1563AD), Tulsidas (1532-1623AD), Kabir (1440-1518AD) and Mirabai (1450-1547AD) were set to music, and Bhajans (devotional songs) became immensely popular.

It was during this phase that two separate systems emerged as a result of the Islamic influence on the existing



system in northern and central India while the south remained free from this domination. This led to emergence of two forms of Indian Music - Hindustani (North Indian) and Carnatic (South Indian).

The arrival of British rule saw the violin entering the repertoire of South Indian music in the mid-eighteenth century. However, the British had no time for musicians who had received patronage under the Mughal emperors and the development of music in this period was limited. A significant development was the use of music to promote nationalism during the Indian freedom struggle. The period since independence has also seen the emergence of a new generation of artistes who uphold the finest traditions of Indian music. These include the likes of Amjad Ali Khan, Gangubai Hangal, Bismillah Khan and many others. Film music is however, the most popular music in India today. Popular Indian films are seldom without songs. Ghazals (poetic compositions in Urdu set to music), Bhajans and Qawwalis also retain their popularity.

Music & Sahaj

The 7 notes correspond to our 7 chakras in the ascending order, More specifically, komal note specially relate to the left side of the corresponding Chakra, and shuddha/tivra to the center and right side.

Mooladhara:	Bilawal, Shyam Kalyan
Swadhisthana:	Yaman, Todi,
Nabhi:	Gun kali, Lalit,
Heart:	Bhairav, Durga, Bhairavi,
Vishuddhi:	Jayjayvanti,
Agnya:	Bhup, Bageshri,
Sahasrara:	Bhairavi, Darbari,



"Kundalini is our Mother,
we are her only children and
She has been with us through
all our lives just waiting for the
Moment of fulfilment."

“YUVASHAKTI UPDATE”

Nirakar Puja in Jalandhar

Dear Family,

We had collective Puja for whole of Punjab at Jalandhar City. The Venue was at Gita Mandir. The collectivity was around 150. The vibrations were very strong. In the evening we had a

Public Program and by Mother's grace it was a grand success. In Jalandhar, our collectivity is around 50, and in Public Program around



250 people got their Realisation. Mother was so happy that most of people felt either hot or cold on their Sahastrara or hands.

We request our FAMILY to put your attention on Jalandhar so that our collectivity could multiply soon.

Jai Shri Mata ji.
Umesh Mahajan

"Nirmal Bagh" at Nargol

Jai Shri Mata ji,

By Mother's grace, we were invited to Nargol Sahastrara puja this year i.e. 7th May 2006. When we asked for permission from the forest manager and the Collector of Nargol for the puja, they both came to see the place and the Nirmal tree. As they touched the tree they could feel the vibrations and they said "we can't give you the permission to construct here but make a garden here that will be called "NIRMAL BAGH". The work will start there very soon we all pray mother to make a beautiful NIRMAL BAGH there and even a centre.

I enjoyed the real bliss there and as I touched the bark of the tree I felt something going in the tree from all my chakras and clearing my self. I request u all to visit that place next year for Sahastrara Puja 2007.

With lots of love

Jyoti

NSYS holds a realization session for Department of IT, Andhra Pradesh

Dear Family,

This is to share with you all that, by the Grace of our Divine Mother, the Yuvashakti here got an opportunity to address the staff of the Department of IT, Andhra Pradesh (AP) at the Secretariat on the 6th of May (Saturday evening). A stress management workshop based on Sahajayoga meditation was arranged by the Principal Secretary to the Ministry of IT, AP, for the benefit of their staff in two batches. More than 30 staff members participated in the first batch. The second batch was exclusively for IAS, IPS and IFS ranked officers of the AP government, in which 15 people participated. The sessions started with a documentary on Stress and the role of Sahaja Yoga in tackling it. This was followed by the Self Realization session. The vibrations were very strong, and everyone felt the cool breeze and the thoughtless state. A Q & A session followed, where the doubts of the seekers were cleared by the Yuvashakti who participated in this workshop (mainly from the IT field). The following topics were mainly covered in the corporate presentation:

- a) Managing stress in the Corporate work environment
- b) Achieving physical, mental and emotional balance in the work environment
- c) Emotional Intelligence and its role in the team-work
- d) Meditation technique
- e) Subtle system
- f) Multiple dimensions of the inner human personality
- g) Work-Life balance

Talks are under way to conduct weekly meditation sessions for the benefit of the staff.

Let's pray that Mother's Grace showers upon the Secretariat of AP, so that people of AP are blessed with a better administrative force.

Regards,

Jitesh

**Nirmal Shakti Yuva Sangh Seminar in Delhi on 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 Shri Mataji. With these objectives, each session started with Dhyan. Many of the participants were introduced to sharing of vibrations. 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. 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. 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 and banners/skits and plays/ dance drama/ Sahaj New channe / 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 presentations were prepared spontaneously and collectively, within 1 hour, and were appreciated and enjoyed by the audience.

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 new comers, and enjoyed the experience along with elder Sahaja Yogis .

A miracle that took place. The weather of Delhi that had been unbearably hot and sunny with high temperature, but as soon as the seminar commenced, within

minutes, the whole sky changed 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 seminar the weather was extremely cool and pleasant. 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. 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

"The representatives of Sadashiva and
Adi Shakti
in us are the
Atma and the Kundalini."

“अष्टविनायक की यात्रा”

सभी “निर्मल शक्ति” के हृदय में मैं ने एक इच्छा को जन्म दिया की अपने जन्मदिवस के शुभ अवसर पर उन्हें महाराष्ट्र में स्थित अष्टविनायक की मिट्टी के गणपति भेट किये जाएँ और अष्टविनायक जाने का यह अवसर हम पति-पत्नी को प्राप्त हुआ

श्री माताजी के परम आशीर्वाद और प्रेम के कारण हमें अष्टविनायक की यात्रा का अवसर प्राप्त हुआ। हमने सुना था कि इस समय सभी गण श्री माता जी के इस अवतरण में उनकी अराधना करने व उनके सभी कार्यों को करने के लिए तत्पर रहते हैं, लेकिन अपनी अराधना का सौभाग्य मैं ने केवल हम सहजयोगियों को



प्रदान किया है, उसी का जीवन्त उदाहरण यह यात्रा रही। हमारी एयरटिकट से लेकर हमारी पूरी यात्रा में हर क्षण हम उन सभी गणों के प्रबन्ध व संचालन व्यवस्था को खुली आँखों से देख रहे थे। 17.02.2006 को अचानक मेरे पति ने कहा कि इस शुभ कार्य के लिए अष्टविनायक जाना है। किसी ट्रेन की टिकट नहीं हो पाई और सभी गड़ियाँ व्यस्त पाई गई। फिर उन्होंने एयरटिकट बुक कर दी जो बहुत ही कम दामों में हमें मिल गई। हमें एक घन्टा पहले एयरपोर्ट पहुँचना था लेकिन अचानक प्रोग्राम बनने के कारण हमें देर पर देर होती जा रही थी। हमें लगा कि फ्लाईट छूट जायेगी, लेकिन जब हम देर से एयरपोर्ट पहुँचे तो पता लगा कि फ्लाइट एक घन्टा लेट है। हमने मैं को पूर्ण हृदय से धन्यवाद दिया और बस तभी से हमें लगा की सभी गण हमारे साथ अपना कार्य शुरू कर चुके हैं। पूना पहुँच कर हमें पता चला कि सुबह 6 बजे सूर्य होटल के पास शनिवार बाड़ा नामक स्थान से इस यात्रा के लिए बसें चलती हैं। हमें सुबह 6 बजे निश्चित स्थान पर पहुँच गये लेकिन सभी बसें भरी हुई थी और हमें पता चला कि इसके लिए 15 दिन की बुकिंग चल रही है। एक बस चालक ने हमें बताया कि “हमें बुकिंग लेकर आना चाहिए था, अब कोई भी बस आपको नहीं मिल पायेगी।” सभी यात्री 15 दिन पहले बुकिंग करवा कर जाते हैं। धीरे-धीरे सभी गड़ियाँ चली गई और हम बहुत निराश हो कर सड़क के किनारे खड़े हो गये। हमें लगा कि शायद हम इस यात्रा के योग्य नहीं हैं। इतने में पता नहीं कहाँ से एक बस कंडक्टर आया और कहने लगा कि इस जगह से लगभग 2 कि.मी. दूर एक बस में केवल दो यात्रियों की जगह खाली है। हम तुरन्त ओटो करके वहाँ पहुँचे और हमें उस बस में जगह मिल गई। सचमुच मेरे पास शब्द नहीं कि वो क्षण और उसमें घटती हर एक घटना को शब्दों में कैसे लिखा जाए। ऐसा लगा कि पूरी बस गणों ने अलग से स्वास हमारे लिए तैयार की और हम दोनों कुछ विशेष है जो पूरी सुरक्षा व प्रेम के साथ परमेश्वरी के कार्य के लिए ले जाए जा रहे हैं। बस के सभी यात्रियों से जल्दी ही हमारी दोस्ती हो गई और सभी को हमने श्री माता जी, सहजयोग और अष्टविनायक की मिट्टी के विषय में बताया। सबसे पहले हम श्री चिन्तामणी प्रसन्ना के मन्दिर पहुँचे। यह पूना से 25 कि.मी. दूर स्थित है। सभी जगह अराधना के लिए दूर्वाघास, लाल गुड़ल का फूल और मोदक व नारियल का प्रसाद उपलब्ध था। हमने मन्दिर में प्रवेश किया और चैतन्य लहरियों द्वारा अनुभव प्राप्त करने की इच्छा की। लेकिन शुरू में हमें पकड़ का अहसास हुआ। हमने श्री माता जी से प्रार्थना की “मैं कृपया हमें स्वयंभू श्री चिन्तामणी गणेश के दर्शन प्रदान करे। तीन बार प्रार्थना करने पर हमें ठण्डी

चैतन्य लहरियों का बहुत तेज अनुभव हुआ और हम वहीं मन्दिर प्रांगण में बैठ गये। श्री चिन्तामणी की सुंद बाई और है और यह एक नन्हें बालक के समान लगते हैं। इसके बाद हम मन्दिर के चारों ओर मिट्टी के लिए घूमने लगे लेकिन मन्दिर पक्का बना होने के कारण मिट्टी कहाँ मिलती? तभी बस के एक यात्री ने सुझाव दिया की प्रांगण के पेड़ की मिट्टी ले लो। इसके बाद हम श्री मयूरेश्वर जी की यात्रा पर पहुँचे। इसी प्रकार बारी-बारी से हमने श्री सिद्धदेव श्री राजगंगाव गणपती, श्री ओझर श्री गिरिजात्मज लोण्पाटी, श्री बल्लेश्वर और महद की यात्रा की। इस प्रकार हमारी अष्टविनायक की यात्रा पूर्ण हुई। इस यात्रा में हमने देखा कि हम दोनों तो मन्दिर के प्रांगण में चैतन्य लहरियों का आनन्द लेने बैठते थे और सभी बस के यात्री हमारी मिट्टी के लिए प्रयत्न करते थे। कोई आस-पास के खेत दूटता, तो कोई पेड़ की मिट्टी उठाता और कोई उसे खोदने के लिए लकड़ी दूँद कर ले आता। हृदय एक अदभुत दृश्य को खुली आँखों से देख रहा था कि किस प्रकार गण रूप में आकर मैं की इच्छा को पूरा कर रहे हैं। रास्ते में एक जगह ज्ञान के समय मेरी तबीयत खराब हो गई और हमारे पास कोई दवाई बगैर नहीं था। बस के लगभग सभी यात्रियों ने बारी-बारी मुझे अपनी चिन्ता व प्यार जताया और कुछ-कुछ मुझे खाने को देते रहे, उनके प्रेम के कारण मुझे रात तक एकदम ठीक लगने लगा। इस यात्रा में बस वाले ने हमारे लिए खाने की जो व्यवस्था की थी वो किसी राजभोग से कम नहीं थी केवल 900 रुपये में दो दिन की यात्रा, रहने की बहुत बढ़िया व्यवस्था और इतना स्पेशल खाना इस प्रकार का प्रबन्ध केवल मैं ही करवा सकती हूँ और उससे भी अधिक मैं का प्रेम और गणों के साथ की गई अपनी इस यात्रा का अनुभव अदभूत है। इस प्रकार हमारी अष्टविनायक की यात्रा पूर्ण हुई।

“अष्टविनायक से लायी गयी मिट्टी को दिल्ली युवा शक्ति ने एक बहुत ही सुंदर गणेश स्वरूप में दाला। श्री माताजी के जन्म दिवस के ठीक एक महीने बाद यानी 21 अप्रैल 2006 को श्री माताजी के युवाशक्ति की तरफ से ये सुंदर भेट प्रस्तुत करी गयी। श्री माताजी युवा शक्ति के इस तोहफे से बहुत प्रसन्न हुए।”



अष्टविनायक की मिट्टी के गणपति

