

The Divine Cool Breeze



September - October 2007

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Today, the power of raising the Kundalini of thousands and thousands and millions and millions of people is required

"There is no way by which you can really feel that I am great. I am extraordinary, I am. This is a thing which people do not understand. It's alright for those who are not realized- excused. But you have felt the vibrations and got your realization through Me. I must be something. Put your attention like that to understand. Must be tremendous thing inside this body. It cannot be possible otherwise. It is so obvious otherwise to you people.

This is to be understood, that so far Krishna, Christ, Rama, all of them; nobody gave Self Realisation to people en-masse. They had other powers, like Krishna had 'Samhar Shakti'; He could have killed anyone like this. I have also all these powers within Me, but obviously I am a very simple, ordinary, mundane type of an Indian lady. And Christ had a power to get Himself crucified. I too have that. But I am not going to do all that. I have a power to resurrect also. Why these powers are not used? One should understand. Because, now the main attention is to raise the Kundalini and for that these powers are not required. give Realization to any number of people. What's the use of getting crucified? Who is going to raise the Kundalini? I would like to do it. I mean if I were at that time I would have said, "Keep your cross for a while, I will have it later on". What's the use, just now to destroy people? Let's see how many come round, you see. So these powers are not required. **Today, the power of raising the Kundalini of thousands and thousands and million and millions of people is required. And I am going to be just like you all My life. In the sense I am going to get old as**

you're going to. I mean today I should be old; I will be and be just like you! I am not going to do anything outside...."

".....You do not judge Me, because that's not the way you will understand. Just realize and recognize that there has to be something tremendous. It was necessary to have someone like that to do this 'tremendous' task. And it was necessary for you to be born, to be with Me to help; I know those who are with Me. They'll stand by Me through out. I may judge them a little here and there, but I know they will come round. You have to stand by Me. Those who want to run away they'll run away, today or tomorrow. I'll try; I'll try to get them round, as far as possible...."

So we come to collectivity. To understand that you are cells in My body. And I have awakened you. If you degenerate, My body degenerates. You have seen that all. When you are sick, I am sick. In the sense I emit, liberate more vibrations and I feel sick with that, because you can't take it. When you take vibrations I feel well. But those who have faith in themselves can only understand this and not those who have superiority complex or inferiority complex... Complex means no faith in yourself that you are the chosen ones. You are really the people, specially 'made' for the great work. It's a tremendous thing that you are all born. Once you realise and recognise it you would not bother about small, small things of life. It's the quality in you that has to be nurtured and looked after, through collectivity. But collectivity of the 'Sahaja Yogis'..."

*H.H. Shri Mataji, Plaw Hatch Seminar,
England.15.11.1980*

ADI SHAKTI PUJA

Cabella-24.6.2007

Pravachan of Her Holiness Mataji Shri Nirmala Devi

It is very nice to see you all again here. I think this is the first Puja we are having at this place and I hope you are all comfortable. And (it is) convenient for you to come here.

Today is really a great day. It's an Adishakti to celebrate Adishakti, and what is the origin of this Adishakti? I've never talked about it. This is first time I'll tell you, that Adishakti is the Primordial Mother, is the power. Power of God that wanted to create this world and She Herself managed to create this great world. (Can't you all sit down?..... As far as possible be comfortable.....) So today I'm going to tell you about Adishakti which is a very ancient subject. Adishakti is the power of God Himself and She created this world to bring His kingdom on this earth. You can imagine there was nothing but darkness and out of this darkness She had to create all these beautiful pictures, trees, and all kinds of vegetation, that She did create.

But what is the use having all these things which do not speak, do not understand? There is no manifestation with them. Of Course, some of the trees and some of the flowers do receive beautiful vibrations and they grow very well but not all, some of them. For example, I must tell you that here flowers have no fragrance. All the flowers, they have no fragrance. I've been going round to see if there was flowers of fragrance,

but what they do is to grow them big. They are very big. Much bigger than you can find them anywhere, but there is no fragrance. While in a poor country like India the flowers have tremendous fragrance. Even the small flowers have tremendous fragrance.

Now that is the speciality of the fragrance in India and nowhere else. NOWHERE!! Some flowers may be having little fragrance but there is no fragrance in the flowers that are grown so beautifully, full of love and care. But lots of wild flowers also in India have got fragrance. What is the reason? They say that the soil of India has fragrance. How can you have the fragrance in the soil? But it is a fact, what I'm saying, is not just a story but it is a fact that in India any flowers that you grow, mostly have, mostly, have a fragrance. While here that's not the case. Neither it is the case in any other country, you go either to Norway, or you go to Germany, any other country you go, you won't find any fragrance in the flowers. It is very shocking why there is no fragrance in flowers! When this world was created there was no fragrance but in some areas there was, specially areas which we call as India and other world. It is unbelievable that here or anywhere abroad there are no flowers with fragrance!

So now you are born here. You have brought the fragrance. You are the people who are realized souls and

you have got the fragrance to spread. So your responsibility is double, I think, that you must spread fragrance. Fragrance is something very innate. Even this soil which we should say is without fragrance, the people have fragrance in their character, in their behaviour, in their understanding. And there is peace which they are aspiring, I don't say they are, but they are aspiring to have peace. This aspiration only suggests that they are fragrant people; that they are very fragrant.

What is a fragrance in human being is his nature, his temperament. How he lives and how he behaves towards others. All the countries all over, are still not aware that you have to become fragrant. If they were to be aware then all wars will end, every thing will finish off and they will say that now we are all one. We do not belong to different countries or anything which we have made. God has not made, we have made.... This is your country. This is their country, and countrywise we will fight. This country belongs to no one. This belongs to God but people stupidly fight, on the countries that this is our country, this is our country. Now I've travelled all over the world, I wouldn't say any any any country as their own because if you own a country, you should have fragrance. You should have temperament which will make other people feel that you come from countries of fragrance. Won't have to argue but one country is fighting with another country. Every where it goes

on, you read in the newspaper all the time you see this nonsense that countries are fighting and more they are developed better they are. In this development of there's I hope they rise and become spiritual and they develop fragrance, but this fighting spirit of human beings has come from Satan I think. That they are killing themselves, killing others, destroying the whole world. You read the newspaper you feel so ashamed how human beings are going on!

So all the Sahaja Yogis should not support any kind of fight. They are..... They are here to bring fragrance to people, to bring happiness, to bring joy and not to fight. That is one of the first duties of Sahaja yogis not to join any thing which hates, which fights, which creates problems. These fighting spirits have destroyed the fragrance of soil. If people become loving and affectionate, this soil itself will become fragrant. First thing we must learn to love each other, and not to hate any way. There are so many ways of hating. This is also a human quality. Animals do hate, because they are animals. Human beings can't be animals. We are human beings and as human beings what we should have is love, affection and no hatred of any kind and as you are Sahaja yogis, I would say that you should try to develop your loving capacity instead to fighting capacity or criticizing others. It is very easy to criticize but try to understand that our soil itself has no fragrance.

How are we to bring the fragrance to this soil. This is only if the people living here, have affection and love for each other. This is the most important thing. When creation took place it was only through affection, otherwise what was the need for nature to create all these things? All this is for what? It is to make you feel beautiful. All these trees are beautiful to make you feel good, to feel one with the nature. In that way the human beings have not contributed. Now I'm not saying Sahaja Yogis. They are rare and they are wonderful and they have done a good job because they consider love is the highest. Also, but you have to show to others also, that you love them because they should also love each other. The whole world is created because there was love. Otherwise what was the need to waste the energy on all these continents and all these different countries? Was not to fight, was not to hate each other or to think no end of yourself, but to love each other and to have more brothers and sisters and in Sahaja yoga you feel that way and you have brothers and sisters all over.

Today when I was coming, I was so happy to see there were people from all over Europe and also from India. How is it possible? Because you have developed that love. Because you have that love that innate love. So where ever you go, where ever you meet people, they should say that we have seen Sahaja Yogis who are nothing but love. They are not bothered as to what you are,

what your position is or anything, they only know that you are a Sahaja yogi and a Sahaja Yogi loves other Sahaja Yogis. This is a very big achievement, it was never there as there is no fragrance in the soil and no fragrance in human beings. Now that has come, now you have a capacity to love each other and to help each other and to understand each other, not to criticize and not to insult or in any way defame them. This I'm saying because you are all rare people who are Sahaja yogis.

How many people there are Sahaja yogis, you see? Very few. We have to have more Sahaja Yogis that they understand that we are part and parcel of one country, and that country is of love. This, when it happens, then we will say that Sahaja Yoga has worked out. Helping each other, understanding each other, that should be there and I think that Sahaja Yogis do understand each other and they love each other but still this should go more than their limits. Many people don't understand that Sahaja Yoga is not for them only; it is for the whole world. You have to give it to others and you have to bring forth what you call unity of love. In love you don't see wrong things. You just enjoy love. And that is what is to be seen in today's puja, and is that do we bear any hatred for anyone? Do we have any ill feeling for anyone or for any country? You should try to examine yourself. If you are a real Sahaja Yogi, you'll hate no one, you'll hate no one. But you'll love and love as your own. Love is the biggest thing that God has given to

human beings and that is what one has to try and to develop it.

I'm so happy here, you have come all the way to celebrate this first day-First day of your growth as Sahaja Yogis. Now if the Sahaja Yogis spread out and become Sahaja Yogis and Sahaja Yogis, then your job is finished because then you are enjoying the joy of oneness. So one has to do it in a way that we all become one. There is nothing to criticize or to hate anyone. But to love each other is the point and there I find there are so many Sahaja Yogis who have achieved that loving level and there are some still who are struggling! They haven't come up to the level, some, not many. **Sahaja Yoga means we are one.** We are all Sahaja Yogis but not separately, together. If one understands this fact, you have celebrated today's great day of Adishakti.

Why did Adishakti create this world? Why did all this happen? Why don't we think that why so much of love, so much of prosperity has been given to us? We never realize where are we and how much we have got. It is not the money but the love and when you will understand we really love each other and there is no hatred, there is no revenge. **Nothing. But just love and love and love and this is what is the message of today.** We have to be loving each other. We have to have all kinds of rituals but it is only expression of our love, it is not just a ritual, it is love. When you have the love of the Mother, how do you express? In the same way

we have to know that today we have to promise that for us love is the most important. We should love. People don't even love in their own families. I am not talking to such people I know. They love their own families their own village, their surroundings and all. But still world is going on with the wars, fighting and all kinds of trouble. The whole world has to come up to love each other. There is no other solution but to love and in that love there is no selfishness but enjoyment and that enjoyment you should feel and give it to others.

I'm sure that you all Sahaja Yogis are doing that and you are seeing the mistakes of others and not let any body get into trouble. **Love is the message of Adishakti.** Now you think about it, one Adishakti created the whole world! How She must have done it? What She must have planned? How She must have organized it? It is not an easy thing. Only because She loved. Her love is the expression that you are all there and that is why to be one with Her, one must learn to love. Of course in that you have to know that you should forgive. If you don't know how to forgive and find mistakes of other people, you won't help in. What is now your job is that is to see that you are loving. That there is no hatred for anyone. You don't think of hating someone or hitting somebody. This has to workout. I'm sure this will workout. In all the European and Indian countries, those who are developed are fighting and those who are not developed are fighting. They have their

own style of fighting. That's the only difference. But there is no love. If you want to have love then you feel sorry. Supposing I see some country X then it is very easy for me to criticize, that this country is very bad, the people are bad, this is bad, that is bad. But I think potentially they are all fine people and very good people. Some how or the other I shall make them understand what love is and enjoy love. There will be no problems of any kind. Only human beings know how to love, no body else. Animals also love but their love is so limited. But human beings, their love is so beautiful. They look beautiful only when they love.

So I have to tell you not to make cheap love, but a love that you will enjoy and that another person will also enjoy. It is something to be understood, the way people understand love is sometimes very ridiculous. So one has to first understand what is love, also to understand whether you love or not. If you really love the world, you really love this creation of God. There should be no hatred, there should be no fights. But just to see the good points as a mother would see her child, you should see the whole world as a beautiful piece that God has created for you.

This subject is so lengthy, that I can talk to you for hours, but I have to just say that if you can understand little bit of it is that you all should have

love for each other and we should have understanding. Look at the small children, they love each other. They haven't learnt yet how to hate. But if the children are not brought up well they can hate each other. They can be very ridiculously funny. And so many countries today are like that. They are just fighting because they do not love. So now, Sahaja Yogis have much greater job, much greater life that they have to show that love is a very great thing. It doesn't matter whether you are Hindu, Christian, this that nonsense. **We are all human beings and we have a right to love and if you manage somehow to love people, I think then Sahaja Yoga will settle down. Sahaja yoga is like a tree which requires love as the water.** Try this, try around your life and you will find that how love pays itself. Not to be seen how much you spend, or what you do. It's not (that) you count all those things, it is just like an ocean soaks everything around. You become like that, a typical personality of Sahaja Yoga. So all the Sahaja Yogis should decide today that we are going to forgive all the people we hate and we are going to love all of them. Let us see if it works out! I am sure it will work out. Because first of all you are realized souls and secondly love is the biggest boon on human beings which you utilize. There will be no problem of any kind.

So thank you very much!!



HERMIT HEART

Life has been oscillating in the muck of ignorance.
Mounting the automation wheel as divine orphan!
There is a wake-up call to your slumbering soul,
The ultimate cosmic fortune is knocking the door to open.
Don't look at the world through the mental eye,
Use the window of heart to sketch the unbroken sky,
Forgo the ego forthwith and go ahead to the summit,
Gatecrash into the kingdom of galaxies and thousand suns.
The drop devoid of a watershed will die in wilderness,
The self surroundings are the funeral fencings of the rich,
The frontiers of earth are fully open and unlimited,
All planets exist in collective energy councils as such.
Happiness is plural and common cosmo-chemistry,
Mighty and majestic are myopic, hallow and petty,
Look at the sun for the lavish lasting light,
Stars can stare & twinkle as dependent destinies.
Commence commonwealths of multiple diversities,
Wax like moon endlessly to all mortal hives,
Connect collectivity to the universal cosmopolis,
Absorb the monkey mind in the native meditative drives.

The joy immortal can not be addressed any other way,
You cannot unlock the paradise by the keys of time,
Self realise & spread the testament of thousand crowns,
Kindle the flame in the hermit-heart primitive & prime.

Mother, we cannot fathom or foresee Your powers,
This universe is a mere signature of Your divinity,
The cosmic compositions are drawn & withdrawn at will,
We cannot please or pray the omniscient, whole eternity.

We can only be grateful that you have transformed us,
The Nirmal Yoga has lifted us from the rampant mire,
Under the shield of your blessings and singular love,
The magic vibrations have salvaged your sons out of fire.

Visualise the meaning of Mother's Incarnation,
Her kind glance will steer out every fear and passion,
The cosmic under-currents cure & convert the sick earthlings,
All captivated creeds get merged into the ocean of compassion.

O Mother Divine! you are the breath of the heaven & the light unlimited,
Origin of all shakties & siddhies one can find,
May the Absolute Truth and Glory dwell in this hermitage,
And open Divine vistas to the mind of mankind!

Bhaskar
(Jaipur, India)

Expectations

(Baba Mama)

(Chaitanya Mela, Maharashtra Sahaja Yoga Seminar, Nagpur-1999)

You believe that God is Omni-Present, Omni-Potent and All Pervading. In fact, you believe that He is in every atom. As natural corollary of this belief you must also know that God knows what you want or what your need is. If the first proposition is true, then second proposition has to be true. It would follow therefore that those who know that God is Omni-Potent, and All Pervading are bound to accept that God is All Knowledgeable and therefore is aware of all your problems.

In spite of this fact, we always go to God with certain expectations. Expectations can be of various types, but are basically self-centered or are pertaining to people or relations you are attached to and then you pray to God that He should grant you a particular relief or a job promotion or some benefit to you or your near ones etc. When you go with this frame of mind then most of the time you are disappointed. Hypothetically, speaking if your expectations are symbolised in 'A' and what you get is, let us say, 'B' then 'A' minus 'B' is your disappointment. And then you have to attribute this disappointment to someone. The pessimists will attribute it to their bad luck and will always curse themselves of not being worthy

of God's favour. The optimists will straight away blame God Himself and they say that this God is not good and that we should shift to some other God. In this way you keep on shifting from God-to-God, but disappointment is always there. This may even make you anti-God, and an atheist, ultimately. Now take a case where you do not go to God with any expectations. Therefore, the expectations are zero, and let us say that you get 'B' as the reward. Therefore, 'B' minus zero is 'B' which is always surplus.

You should also distinguish between your expectations and desires, and Pure desires. Pure desire is always for the benefit of the other and therefore you are entitled to carry pure desires to the Divinity. I once remember, I was travelling with Shri Mataji from Sydney to Canberra and it was very hot and the air conditioning of the car was thoroughly inadequate. Shri Mataji was sweating and I was fanning Her with a newspaper, but I somehow felt that the heat was oppressive and that the weather should give some respite to Her. Reading my mind, She asked me a question as to what I was thinking, to which I told Her frankly that I was unable to see Her suffer because of

heat. So She told me that I should make a pure desire and the weather would change. So I closed my eyes and made a pure desire that the weather should change. Within five minutes, dark clouds gathered from nowhere and it started raining and the intensity of heat was thus reduced and Shri Mataji said, "See, if you make a pure desire then it will always be fulfilled."

Coming back to expectations, I may mention here that once you are

connected to your divinity through your Self-Realization, you should feel assured that you have been admitted to the Kingdom of God, that you are His subject and therefore He is duty-bound to look after you irrespective of what you expect of Him. **So please do not expect when you are in Sahaja.** Only pray to Shri Mataji that She should make you what She wants you to be.

With all my blessings,
Baba Mama



RESURRECTION-2007

Beloved sisters and brothers,

The inspiring Message of our Divine Mother, during the Easter celebrations 2007 in India, has actualised the Resurrection of the modern times. Through the intensity of Her talk, the magnitude of Her words has put everlasting joy in our hearts. The tender melody of Her voice has echoed in all the children of the sangha and the depth of Her Call has filled the Universe with new Divine Energy and vibrations.

Let us listen to Her Call. Let us grasp it, integrate it, and absorb it within us. We should spread Sahaja Yoga in all the corners of the world, we should bring peace to humanity, we should raise the kundalini of the human beings who desire it and we should give Self Realisation. In one word, we should resurrect everyone, the way She has resurrected us.

We are entering an era where it is possible for the entire humanity today to reach a new level of consciousness, leading to an unprecedented connection with the Source of all powers, the Source of Divine vibrations and energy, Shri Mataji Nirmala Devi. She has granted us the capacity to spread Her light, Her truth, Her compassion and love, through a mass Self Realisation. Lately, amazing testimonies form different parts of the world (Turkey, Morocco,

and South Africa, to name some countries) bear the seal of the power of these vibrations the dynamism of collective commitment, projecting this love and materializing the resurrection of the hearts.

Now it is the right appropriate moment of history to make an oath that we all desire, all over this planet, to spread Her Divine Message of Redemption through a global pledge of committing oneself to the expansion of Sahaja Yoga worldwide.

In the perspective, the WCASY will dedicate more time and energy to be at the disposal of the world sangha in order to coordinate, animate and motivate our brothers and sisters with relevant, adequate ideas and suggestions, but above all with its humble inner spiritual input. We will be more than joyous to intensely interact with all of you, with your national leaders, with their respective councils. We all lack experience, as it is a novelty to coordinate on a worldwide scale, different Self Realisation actions. Gradually, we are going to come with themes and development projects with the purpose to widen our base of spiritual involvement.

The deep goal is to integrate each other in a web of love, made of mutual respect. Like climbing on a

mountain, we all the time need the help of the other to go higher and higher. This collective choreography, involving each one of us in a perpetual movement of attention, will elevate us by magnifying our bhakti and shraddha.

Therefore, we are already proud to announce that a European realisation day will take place throughout the continent of July 7th 2007. Such an event has taken place in the past and was concluded with success, leading to the birth of many new resurrected souls. The European members of the WCASY have gained a certain experience in conducting this European Realisation Day and will be at the disposal of the world sangha to launch this auspicious day. They are over joyous to take the road again and guide us all to make this 7th July 2007, a memorable Sahaja happening.

Moreover, in autumn, at the time of Diwali, we may even trigger a world realisation day, with several different targeted manifestations and events. We are going to assemble all the propositions and ideas, from the four corners of the world, make them available through a screening

process, extracting the best enlightened suggestions.

We are just at the Beginning of this adventure. We have to shape these ideas, make them strong, alive and auspicious. My only goal today is to bring to you all these feelings, this desire to work together, hands in hands for a Divine purpose, the purpose to resurrect each one human being who is willing to see the light of the Divine Mother in his heart.

Union will transform the world, the society and everything that moves and moves not on this earth. The culture of the Holy Spirit has to permeate everywhere and in all beings. Only through the actualization of this togetherness we are going to be successful in allowing the cool wind of the Adi Shakti to blow in the Sahasrara of Her children.

With eternal love and respect,

Your brother Arneau

*The World Council for the
Advancement of Sahaja Yoga,
May 11th 2007*

(Internet Version)

(6/21/2007)



Shri Mataji on Shri Kartikeya

Kartikeya represents the great, we can say the, captor or leader of all the ganas, of all the, like a Commander-in-Chief. Ganesha is the King but He is the Commander-in-Chief and because German character is to be in command of everything we are going to have this puja where the men will be in command of their spirits and their manly qualities and women will be in command of their womanly qualities. To be in command is different from to be a master. Master owns it, a commander does not own it, He does not own it that is also lost. Possession is also lost, we just command it. And that is the state we have to come to now, from Ganesha state to the state of Kartikeya. The other way round.

Ganesha is nice, he's the King, very nicely sitting down with all the powers, alright? In a sense He's there but Kartikeya is the one who commands innocence, gives you a power of that commandment. He commands. After the Guru Puja it's better that we should have the power to command others and that commanding spirit comes in the men through their talking, through their dynamism, through their personal achievements; for the women through their loving power, through their forbearance, through their gracious behaviour, forgiveness, compassion. So let us develop that today, that we

can command it, means it's not that what we have but in a position we are to command. I hope you understand what is Kartikeya...(1)

The spirit of Kartikeya - that pure, absolute dynamism which doesn't indulge into nonsensical things and useless things; which shows results. (3)

Now in front, in the center here, is who? Kartikeya, in the center; Christ is in the center, in the center itself where the optic chiasma is. Here outside is Kartikeya. What is Kartikeya? Kartikeya is the protector of Christ. Around Kartikeya, they're all protectors of Christ.(4)

You know Narakasura has taken his birth, and he's to be killed, the Sahaja Yogis are going to kill him. You have to come up to a point and definitely he can be killed. When Kartikeya is awakened within you, he can be killed. But for that you have to be just like gold, untarnishable. You need strong people to do that. A sword that can kill him has to come out of your mettle. Then Narakasura can be killed. He is one of the worst possible asuras. That is the fourteenth day. When he was killed, the gate of hell was opened and all those where his disciples or his followers or satanic people were put. That's the only day you can sleep late and a good news for you. (2)

About Right Mooladhara

When it comes to clearing Mooladhara we usually miss out right mooladhara. Right Mooladhara is the chakra which is abode of Shri Kartikeya. He is the one who protects us from the demonic forces. Right Mooladhara is the chakra which manifests Wisdom and Surrendering of Shri Ganesha. Right Mooladhara is also important as out of eleven Ekadasha Rudras two are Shri Ganesha and Shri Kartikeya. The Rudras protect us from satanic attacks and give us strength to fight negativities. Therefore, right Mooladhara becomes equally important for clearing & strengthening our left side. It is observed that when our right Mooladhara improves our catching of left Swadhishthana also reduces.

Shri Kartikeya also keeps supervision over Hell. Shri Bhairavnath while fighting against spirit possessions in us, touches right Mooladhara and therefore works in coordination with Shri Kartikeya to thwart the negativities from our subtle system back to Hell i.e. from where they came. The power of Shri Kartikeya is also very essential in preserving our innocence. When the Kundalini ascends from the sacrum bone to Sahasrara, right Mooladhara plays an important role in clearing out the blockages in the path of Kundalini.

It is observed that when our

right mooladhara improves our right side also becomes better; for two reasons:

1. Since Mooldhara is directly associated with our Agnya chakra, so right mooladhara directly cures right Agnya, and it also repairs the weakened ego-controlling Rudra on our forehead. (Out of 11 rudras present on our forehead two are present to control our Ego and Superego)
2. As an effect of reduced ego we develop shraddha and enlightened mind (which has Divine discretion and knowledge).

One cannot describe how He looked after His mother, it's impossible. No words can describe the understanding of Christ for His Mother, His love, His gentleness, His care, His devotion, dedication, His 'SHRADDHA' cannot be described. And you know that He came as an evolved Shri Ganesh and at the back He is Shri Ganesh, front He is Kartikeya, very powerful, eleven Rudras, and this, has given him the highest position.(2)

Prayers/Affirmations/Techniques to improve Right Mooladhara

1. Keep right hand towards Shri Mataji's photograph and left hand on Mother Earth and pray- "Mother kindly purify and improve my right

mooladhara", "Shri Mataji verily you're the slayer of all the demons", "Shri Mataji please make me worthy of you", "Shri Mataji whatever I do is to please you", "Shri Mataji please bless me with the qualities of Shri Kartikeya", "Shri Mataji please bless me with complete surrender and Divine wisdom of Shri Ganesha".

2. We can take following mantras:

- a. Shri Kartikeya Sakshat
- b. Shri Rakshashantri Sakshat
- c. Shri Rakshasaghani Sakshat

3. Look more towards Mother Earth.

It is also observed that as right mooladhara improves, our useless mental activity reduces and inner-silence augments greatly. Thus right mooladhara plays an important role in balancing and establishing Thoughtless Awareness.

But this must not be understood that we need to neglect left and centre Mooladhara. In fact without awakening Shri Nirmal Ganesha and Shri Gauri Ganesha, Shri Kartikeya cannot be awakened.

Following is the meditation to improve Mooladhara (as told by Shri Mataji during Shri Ganesha Puja 86):

- Left hand toward Mother and right hand on the ground. Put attention on Left Mooladhara. Take Shri Nirmal Ganesh mantra, say in your heart - "Mother by your grace I am innocent". Meditate for few minutes.
- Then both hands on the lap, put attention on Center Mooladhara. Take Shri Ganesh Gauri mantra and say in your heart - "Shri Mataji please make me Innocent". Meditate for few minutes.
- Then put right hand towards Mother and left hand on the ground (just the opposite of first step), put attention on Right Mooladhara. First take Shri Kartikeya mantra, say in your heart - "Shri Mataji please make me worthy of you" and meditate for a few minutes, then take Shri Rakshas-Hantri mantra and again meditate on Right Mooladhara, also say loudly in your heart - "Mother you are the destroyer of all the evil in me" and meditate for a while.
- The attention becomes pure and we go in Thoughtless Awareness.
- Finish the morning meditation with 'Om Twameva Sakshat Shri

Ganesh Gauri Sakshat, Shri Adi Shakti Mataji Shri Nirmala Devyei Namō Namah ...'

It is observed that after meditating like this our whole day passes very nicely. Shri Mataji has said that if we do this every or alternate morning (by heart and not mechanically) for one year, this meditation develops the entire being in such a way that all the obstacles in the path of ascent go away.

After experiencing in meditation and hence realizing by heart, above described knowledge of Mooladhara can be effective. Otherwise, it will not work out properly.

Reference:

1. 1986-0713: Women Should Be Women, Shri Kartikeya Puja, Holzkirchen, Germany.
2. 1983-1106: Diwali Puja, Hampstead, UK.
3. 1996-1221: Shri Kartikeya Puja, Mumbai, India Tour
4. 1981-0904: Advice on Ekadasha Rudra, London



FATIMABI PUJA

St George, Switzerland, 14.08.1988

(Pravachan of Her Holiness Mataji Shri Nirmala Devi)

Gruha Lakshmi Principle

We are here to do the Puja of Fatimabi who was the symbol of Gruha Lakshmi and so we are going to have the Puja of the Gruha Lakshmi principle within us. As a housewife has to finish every work, everything in the household and then she goes for a bath, in the same way this morning I had to do lots of things, and then I could come for your Puja because today the housewife's jobs were many, so I had to finish them like a good housewife.

Now, the principle of Gruha Lakshmi has been evolved and developed by the Divine: it is not a human being's creation, and as you know, it resides in the left Nabhi. The Gruha Lakshmi is the one that is represented in the life of Fatima who was the daughter of Mohammed Sahab. Now She is always born in a relationship to a guru which is of virginity, of purity. So She comes as a sister, or She comes as a daughter. Now the beauty of Fatima's life is that after the death of Mohammed-Sahab, as usual there were fanatic people who thought they can take the religion into their hands and can make it a very fanatic thing, and the the attention was not paid so much towards the ascent of the person. Even Mohammed sahab has described His son-in-law in many ways and He is the only one of

another incarnation of Brahmadeva, who came on the earth, Ali came on this earth. He was the incarnation of Brahmadeva, and His another incarnation was Sopandev, which you can go to Pune, you can see the temple of Sopandev there. (Pause on tape)

So we have Ali and his wife, Fatima, who incarnated on the principle of the left Nabhi. She stayed in Her house, in Her household, and She observed what you call a kind of a purdah, or naquab as they call it, to cover Her face - is a symbol that a woman who is a housewife has to save her chastity by covering her face; because She was a beautiful woman and they were born in a country which was very, very violent, and She would have been definitely attacked in case She had not lived in that kind of fashion. As you know, in the time of Christ, though Mary was Mahalakshmi's incarnation, had to be a very, very potential personality and Christ did not want anybody to know what She was. But though She was in the house, She was Shakti. So She allowed her sons or actually ordered them to fight those fanatics who were trying to deny the authority of Her husband and you know Hassan and Hussein, they were killed there.

It's a very beautiful thing how the Mahalakshmi tattwa of Sita took a form of Vishnumaya just to establish the beautiful principle of a housewife. Now She was very powerful, no doubt, and She knew that Her children will be killed but these people are never killed, they never die, nor do they suffer- it's a drama they have to play to show people how stupid they are! But as a result of that another system started where they respected saints, like in India Shia people respect Auliyas or we can call them the people who are realised souls like the Nizamuddin Sahab, then we have got Chisti we have got in Ajmer, Hazrat Chisti. All these great saints were respected by Shias, but still they could not transcend the limits of the religiosity, so they also became extremely fanatic. Firstly they would not see to another religion where they had saints, they would not respect the saints who belonged to another religion and even when we had a great saint like Sai Nath of Shirdi who was a Muslim to begin with, and it is said that Fatima Herself brought him as a child in Her lap and gave him to some lady, it is said so.

We did not deny, as far as the Hindus were concerned, His saintliness, but the Muslims did not accept him. There's another one called Haji Malang who is very near Bombay who was a realised soul. He too realised the fanaticisms of the

Shias. Shia word comes from Sia in U.P. Sita is called as Sia. Sitaji is called as Sia. They also did not realise that there are saints who are not so-called Muslims, but they are saints. So they could not get out of it. So we have another one called Haji Malang who was worshipped by Hindus, some Muslims also go there, no doubt, and this Haji Malang was quite worried about the fanaticism of the Shias, so he appointed some Hindus to worship him, just to counterbalance. They did all kinds of things. There are many saints like that. I went to Bhopal, there's another big saint who was buried, but his all disciples were just depending on the earnings of that place, which was very bad. Even Hazrat Nizamuddin things are in the same way as the Hindus do. They all make an earning, I mean it's a kind of commercial business. So this saint died and was buried there and there were many people who were depending on it when I went there. I just by the way asked them, "What is your religion?" So they said, "We are Muslims." I said, "What was the religion of the saint who died?" They said, "Saints have no religions. So I said, "Then why do you want to follow religion, why don't you follow His religion?" "He had.(.....) They have no religion. Even as it is said in Sanskrit, the Sanyasis have no religion. They are dharmatit, they go beyond the religion." But as it has happened with every incarnation, it has

happened even with the Shia people, with the Sunnis, with the Hindus, with the Muslims and everyone that they made a fanatic group.

Now fanaticism itself is absolutely against religion, against your innate religion within yourself, because it creates poison, it's a venomous thing, it makes you hate others. When you start hating others, then it reacts in you as horrible poison which eats up all that is beautiful in you. Hating anyone is the worst thing that human beings can do, but they can do it, they can do whatever they like. Animals don't hate anyone, can you imagine? They don't know how to hate. They bite someone because that is their nature, they cut someone because that is their nature. They never hate someone- they may not like someone, but this hatred which is a poison is a speciality of human conception and human absorption. Only human beings can hate. And this horrible thing hatred was settled between even the Muslims which was not done, this Karbala was not created for hatred but for love. Everything that was done for love was converted into hatred, in every religion. Now the worst part of the whole thing is that one part which hates thinks the other part is the worst of all and the another part thinks that the first part is the worst of all. Under what rule, law or logic they decide? That is their own lookout. So they club together like that. Why this principle of the Gruha

Lakshmi was specially created to overcome that hatred, to subdue that icy stuff called hatred, to remove from the minds of the people hatred, this Lakshmi, Gruha Lakshmi, principle was created. How? In the family when you have a household the Gruha Lakshmi principle has to subdue the hatred between the children, between the husband and the children, but if She herself enjoys her hatred, then how can she subdue it? She is the source of that peace which subdues hatred. Now in India we have joint families. You too have relations like uncles, aunties, this, that. The housewife's job is to smooth, smooth out all angularities of people which create friction.

Now the man has to worship a housewife. It's said so, '*Yatra Narya Pujyante, Tatra Ramante Devata.*' Wherever the housewife is respected, there only the Gods reside. In our country I must say credit must go to the housewives because we are no good for economics, no good for politics, administration, hopeless. Men folk are useless. They don't know any household work or anything, women have kept it to themselves. But our society is first class, it is maintained by the women of the household. So the man has to respect the housewife: that's very important. If he does not respect his housewife, there's no possibility of any Gruha Lakshmi tattwa being maintained. It's like the preservation of that principle of a

housewife. But some men, I mean many of them, think that it is their birthright to ill-treat their wives, to torture them, to say all kinds of things, to be angry, if she's a good woman. But if she's a nagger, if she's a bhoot then they are subdued, completely subdued. If the wife is a bhoot then the husband always, sort of tries to please her. I mean, extremely kind to her, he knows she's bhoot, after all, better be careful. Don't know what time how the bhoot will come like a snake on you and if she knows how to nag or to argument, then also they are afraid - there's no love. They have no love or respect for her but they have an awe or fear, and they are afraid of such a woman. Now some women think if they become flirtish then the husbands are better controlled. But their basic principle they lose, the basic Shakti that they have, they lose and they land up in difficulties.

So the basic principle of a Gruha Lakshmi is to respect her chastity, to respect her chastity outside, inside. That is the steadiness of it. Of course most of the men take advantage of it. If the wife is docile or obedient, they make it a point that they just rule the wife left and right. Alright? But this woman, the housewife, has to know that she is not docile. She is obedient to her own righteousness, to her own virtues, to her own qualities. If the husband is stupid, alright, he is stupid like a child, finished. But the husband has to know that he must

respect, otherwise he's a lost case, he is finished. He is good for nothing.

First things is that he must see that the woman in the household is respected as a Gruha Lakshmi. Then the blessings flow, but in no way he should insult her or be unkind to her and raise his voice or say things to her. But the wife has to be the one who is to be respected. I have so many times said, "If your wife is dominating, give her two slaps on the face." Of course, no doubt, she has not to be dominating; she has to remove the dominating forces of others. She is the source of peace, she is the source of joy and she is the peacemaker. If she is the one who creates problems, then you can slap her nicely, bring her to her shape, it's alright. So the Gruha Lakshmi tattwa is mutual. It doesn't depend only on the wife or the husband, but on both of them. So once if you are making your wife suffer, your left Nabhi can never improve. Or if you are a bad wife, your left Nabhi cannot improve.

Now in the West, the problem with the women is this, that they don't realise what is their part. An 80-year-old women also would like to look like a bride. They do not feel their dignity and enjoy their dignity within themselves: they are the queens of the house. But they want to behave like cheapish, childish, young, frivolous girls. They don't feel the dignity of their being. They talk too much, they behave in a manner that doesn't

behave a housewife, like they'll take out their hands, talk like this as the fisher women do when they sell their fish to someone and when they have to fight. Or they shout sometimes, they shout, also I mean, this... I've heard they shout and sometimes, they beat their husbands, that's the limit! They start always comparing themselves with the husband, to begin with. Like, "I am such a rich man, a rich man's daughter, I am from such and such family, my husband is from such a low family, he has no money, nothing, he is not educated, so ill treat him, treat him in a manner that shows no respect. Such a woman will lose all her powers. Also in her own ways she will feel guilty, she will feel guilty, because first of all nobody has the right to look down upon anyone whatsoever, in Sahaja Yoga especially.

Then to look down upon your husband is something unbelievable. He may not be a Sahaja Yogi ... alright. He may not be up to the point but by your behaviour, by your strength, by everything, you can save him, but why are you losing yourself? By dominating others, by strangling others, by making your husband a very sort of a frog in the well, telling him "Oh, we both are after all, we should enjoy, let's have our house separately, nobody should come in the house", even a rat won't enter that house. Even to say "oh, these are my children, my husband, my self is the negative of Sahaja Yoga, is the negative form of understanding.

These are absolutely absurd things, they do not look like for any Sahaja Yogi or any Sahaja Yogini. All this kind of selfishness, all this kind of seclusion is against Sahaja Yoga. But a thing of a housewife is..." Oh, now, how much should I prepare for example, there will be 50 persons coming." So the husband says, "But only ten are coming, why do you want to have for 50 persons?" But maybe they would like to eat more." "But then why do you have 50 plates?" "Maybe they might bring their friends." So she thinks of her generosity, she enjoys her generosity. I have known many like that, those, they are not even Sahaja Yoginis. They'll say then, "Will you come, sister-in-law, will you come for dinner?" "Oh, I'm not coming, you cook too many things, I'm not coming. "No, no, I'll cook; very few things, but please come." Then she just starts thinking immediately what vegetables are available in the market, what should I get, what is the best... I mean, I am not their guru, I'm not their mother, I am just a relation. But they want to express their love through the food, they are the giver of food, 'Annada,' they are the Annapurnas and this is one of the qualities, the generosity, if a woman doesn't have, she is not a Sahaja yogini by any chance, take it from Me.

Husband may be a little miserly - doesn't matter, but the wife has to be very generous and sometimes she secretly gives money - not to her own

children, but to others. Such beautiful women have to be there in Sahaja Yoga.

But I feel so sorry sometimes, that the attack comes from the women of Sahaja Yogis, not from the men on Me, I'm a woman Myself, and I feel shocked that the women should attack Me like this, for what? In Sahaja Yoga there is no domination of any kind but all these so called idea of servility and domination come from the false ideas you have about your own dignity, about your own understanding. You are not aware of yourself, you do not know that you are the queen, nobody can dominate you. Who can dominate the lady who rules the household? If supposing the husband says, "I don't like this colour", alright leave it for a while, then somebody will come and say, "What a nice colour!" "Ah, such a nice colour? Oh, don't change it." The woman must understand the men, they are, they have big eyes, they are not microscopic. They see everything in a big way, you see, so today they will say something, tomorrow they'll forget about it. And they have no microscope ... they are ... above these things. They are above these things, you must understand them as they are.

But if he sits on the horse, I must also sit on the horse and fall down. If he goes for skiing, I'll also go for skiing. If he develops his muscles, I'll also develop my muscles. It is coming to that point. I mean, women

start looking like nothing on earth, you don't know what sort of women these are with big, big muscles, without any moustaches! So these kinds of stupid ideas we have, but there is no subordination of any kind, you are subordinated to your own dignity, to your own chastity, to your sense of honour, and above all, to your righteousness, because you are in charge of that, the man who is in charge has to look after that side. How many quarrels you create? How can you be quarrelsome when you are supposed to become the peacemakers? Supposing we sent two peacemakers to some country to make peace and they cut each other's throat? What will you say to such a thing? You are the one who has to smooth down everything. You are the one who has to bring such expression of love, such sweet things, that the family itself is rested in you securely because you are the mother. The family must feel secure within you, and this love is your power. This is your power that you can give love, and giving love you will find you will always enrich yourself. I mean, imagine, what presents I give compared to what I get, I don't know, I'll have to build another house. I am telling them, "don't give me individual presents, I will not take any individual presents. " Now still, despite that, I don't know, just with love if I get something; With care, that love, you know, itself manifests. It comes back to you like poetry. You are sometimes

surprised. I'll give you one simple example of My own life which will tell you how love can work it out.

I was a housewife to begin with and to end with, I think, and once I was in Delhi, my daughter was to be born so I was making some, I was knitting something for her, sitting outside in the lawn, when three persons walked into the house-one lady and two men-and they came and said, "See now, we are (.....) I'm a housewife and these two are, one is my husband and he's a friend of my husband, and he's a Muslim and we have come to you for shelter because we are refugees. I looked at them, they looked very good to Me, they looked quite all right. I said, "Alright, you please settle down in My house." So I gave them the outside room which had a kitchen and a bathroom and the things, and for the gentleman I said, "There's another spare room, you can stay there and the husband and wife can stay here." In the evening my brother came in. He started shouting at the top of his voice. He said, "What is this? You don't know these people! They may be thieves, they may be this, they might do this..." Then he joined-my husband came and also joined him because you see they were friends. So he told him (laughter). All men are just the same, you see! So he said, "You see, She doesn't understand, She's kept these three persons here who God knows what they are, they are saying are refugees,

this thing ... She doesn't know if he's Muslim, he's a Hindu. God knows, she has two husbands, one husband, like that ..." you see, all kinds of things. Next morning they forgot about it. I said, "Alright, let them be there for one night, It's alright? I can't drive them out today. One night." Next morning they forgot that they were living there! That's like men. First there is such a blasting, such a blasting, I said "Alright, one night. Now don't shout, they'll feel hurt. So let them stay one night, they soothed down. Next morning they went away for their work, they had no time, it was a, you see, only on a weekday they become active in the household, otherwise they are inactive. So they went away. It so happened that these people stayed with me for one month, then this lady got a job and she went away with her husband and this Muslim.

But in the meanwhile there was a big riot in Delhi, very big riot, because many Hindus and Sikh people were killed in Punjab. It had a reflection in Delhi and they started killing all the Muslims. So 3 or 4 Sikh people and one or two Hindus came to my house and they said, "We are told that you have a Muslim staying with you." I said, "No, how can I have?" They said, "There is a Muslim, we have to kill him." I said, "See, I am wearing such a big teeka, can you believe it that I could have a Muslim in the house?" They thought I must be a real Hindu fanatic, you see. So they

believed Me. I said, "See now, if you have to go in my house, you will go on My dead body for I will not allow you." So they felt quite frightened, they went away. So this fellow heard my things and he came and he said, "I'm surprised, how did you risk your life?" I said, "There's nothing. Nothing." His life was saved. Now this gentleman, this Muslim gentleman, became a great poet called Sahir Ludhianvi and this lady became a great actress, Achala Sachdev who acts like a mother. I knew it was they have to become one day and all that but I didn't tell anybody about it. I said, now supposing they come to know I am in Bombay, they will just go mad about Me and I said I have no time for all that.

So we started a film centre for the young people to give them some good films but it all made into a farce later on. They never listened to Me, but whatever it is. So they said that we should get this Achala Sachdev to act as a mother, and I said, "Alright, but don't tell her I have said, I have anything to do with it." So, year had passed, about after I think 12 years or so. So they went and told her, so she was fussing like an actress, no, no, how much are you going to pay me, I cannot act free, everybody will ask for free, then how can I give you free, you'll have to give me a sari, you'll have to pay so much money this thing, they said, "Alright, come to the

Muhurat at least, come to the Muhurat to the beginning, Muhurat is the one where you start. So she came, and I was there. She looked at Me, and just, you know, she couldn't believe that she had seen Me after 12 years. The tears started rolling her eyes. Absolutely, she couldn't say anything, she just came and fell into My arms. She said, "Where were you last, all these days? I've been trying to trace you out." And then she started describing Me, you know. And Sahir Ludhianvi was there and he said that, "How this lady is here?" He said, "This is Her work." "Oh God, why didn't you tell us, you see, we give our lives for Her!" And they were all amazed how they were changed! She said, "No money, nothing. I'm going to give money for this project. Nothing doing." See now, I was a housewife, just an ordinary housewife. I didn't have so many rights on my husband's property or anything, and my brother, another dominating fellow, both of them put together, just were about to kill my that night with their temper and anger. I soothed them down and then, you know, when I told my husband and my brother, they were amazed. I said, they are the ones who have become like this. And see the change, how much they have, and then they said, "No more we are going to say no to any charitable institutions. This is the last mistake we are have committed." And the whole, the whole idea of earning and money, and this and that,

just toppled down, and she has acted in many films for charity. And this Ludhianvi also wrote many things for charity.

So a woman can make a man a charitable personality because she herself is charitable. She has so many beautiful things, she's an artist and she can create beauty around her, in her household, in her family, in her society, everywhere... but no, women want to fight like men. They will have associations, they will have - what do you call that (-) u nions, unions. They would like to have unions to fight for their rights. I agree that some of the men have been extremely cruel, some of the laws are extremely cruel, this thing, that thing and that they have to be told. But this is not the way. There is another way of improving these men who try to destroy the women, because women have one very great quality that Ganas are with them, and Shri Ganapati is with them. He will never side with men if they are chaste and do not try to show off their body, and show off their beauty and want to make sort of a capital out of it. Such women are extremely powerful, extremely powerful and they show their valour when it comes to anything. Like we had Jhansi ki rani - she was an ordinary housewife, she fought the British. The British also were surprised at her valour and they said that we have got Jhansi alright, but the glory goes to the Queen of Jhansi. Like that we had many, Noor Jehan, we had

Ahillya Bai, we had many great women in India because of the institution. Padmini we had, Chand Bibi, there are so many women we can mention who have been great women who were housewives!

So the woman's quality are like the potential of the Mother Earth, or potential of any energy like electricity has its potential somewhere else. You see the lights here, makes no difference, one light or two lights, but the potential is important. So one has to understand we have potential and to preserve our potential we must have the sense of dignity, honour and righteousness within ourselves. Now men must respect their women who are like this, but men are another stupid stuff because they will not respect a woman who loves them, who is chaste, who is good, who wants them to be collective, who wants them to give, to be charitable, who wants that Sahaja Yoga should be promoted and the one who wants that her husband should be happy and joyous and that he should come to Sahaja Yoga as well. Instead of that they run after some funny, stupid women. What is there to be so attracted towards bhoothish women? Must be some bhoots in them, I don't know, that the way they get attracted.

As a result of all this misbehaviour of men, women become very insecure and they get insecure, as a result the men suffer and the women suffer. **A man who neglects**

his wife and treats like that will consequently get blood cancer, and the woman who behaves like this, in this manner and if she ill-treats her husband will get asthma or of a very serious type of sclerosis - could be brain damage, could be paralysis, could be complete dehydration of the body ... because left Nabhi is so important. If the left Nabhi is made hectic as you know by your running about and jumping about and by being hectic, that left Nabhi becomes hectic and you develop blood cancer.

I have always seen that the women who are thin, their husbands are jittery. Why? Because the wife is all the time making him run up and down, do this, do that, you didn't bring this thing for me I had asked you to bring the Coca Cola, you didn't bring, you didn't do that ... as if he's the sinner all the time. And the man becomes jumpy, all the time jumpy. He gets something for the jumping, and she gets something for her torturing. There's no love, there's no joy, there's no happiness. This so-called figure-madness which is now subsiding, thank God, it's coming from America now, subsiding, this figure-madness makes you funny.

Women have to be settled-down women. They have to be Gruhasthees, that is the one who settles in the household. She has to be satisfied with the household. If she

is all the time running about, she doesn't want to stay in the house, then she is not a housewife, but she is maid-servant. There's a saying that there was a lady who was a maid-servant, and then she was made a housewife but she could not stop her running about because she was a maid-servant. She doesn't settle in the household. Now for whom is the household? Is not for only herself, no, not for her husband, no, not for her children but for others to welcome.

Like this Mother Earth has spread all these beautiful things for you to come and sit and enjoy. There's a very common thing also in the Sahaja Yoga, we find, that people after marriage become absolutely engrossed into each other and lose Sahaja Yoga. Then their children suffer: their children become fussy, funny, and disobedient torturers. They have some physical problems also. It's a punishment. Not that I punish this but it is your own nature punishing. Supposing you put your hand in the fire, it will burn. I mean, who's punishing you- you are punishing yourself. Then children become funny. Just for your family, just for your food, just for your household, the selfishness, if it crawls up into man, then God save that family. If it's a woman, it's alright, at least little bit, but if the man is a gone case ... that I should have a house, I should have a job, I should look after my children, it's for my family. I mean, **our family is not of**

one man, one woman, but the whole universe is our family. We are not on our own, and if you become arbitrary and if you become secluded, I must tell you one thing and warn you today that those people who start to seclude themselves, a day will come when they will have horrid diseases on them, don't blame Sahaja Yoga. Sahaja Yoga has its own beautiful realm of God's kingdom, but in the God's kingdom you have to be collective.

But a bad wife can create problems because she's [break in tape] and she'll create a problem, she'll form a group of people, group of women, she'll go on rolling down with her bhoots to everyone. Or maybe she's very conscious of her education, maybe conscious of her position or of her money and all that, then also she'll try to keep the husband aloof. Such people have to pay for what they have done, not because it's a punishment from God.

So Gruha Lakshmi tattwa in Sahaja Yoga is very important. Those people who have got problems after coming to Sahaja Yoga, most of them have neglected their Gruha Laxmi principle, because Gruha Lakshmi if goes out, then centre heart catches. Those women who have tried such tricks should give up immediately because that's very indignified, nobody respects

such a woman.

It's very true with the leader's wives and the leaders. The leader's wife or a leadership is a minimal of a minimal of a minimal of a so-called position: most insignificant. What you have got is much higher than this. If you ask a saint to become a king, he'll say, "What? You want to put the ocean into a cup?" Is the minimal of minimal; is the lowest of lowest. **Those who think their life is service are another stupid people. Their life is enjoyment, not service. But that service itself is enjoyment.** But if you just keep to service, "Ah-oh, I'm sacrificing, this is my tapasya" finished, then you end up as a Tapasvi like a beanstalk thing, you can be used for a cross. So in Sahaja Yoga it is enjoyment, but unless and until you have that essence of enjoyment into everything it cannot be an enjoyment. If you take out the essence from the canesugar or what you call the sugarcane bamboo, then what is left? In the same way, all the so-called service and seva and tapasya and all that has no sweetness in it, it's finished. So all this is sweetness, and that is generated by women.

(Long pause in tape, then repeat of most of the last sentence.)

But they are very strict, "don't spoil this, keep this nice, keep that nice!" The husband comes home like a, as if like a criminal, you know! He has to be like a bull in a china shop,

he has to be. It's good thing in a way. It's nice he doesn't know how to do anything, it's even better for you. But to make him all the time slave - "Do this, you didn't do this for me, do that for me" is not the job of a housewife. Her job is like the Mother Earth - does She complain? Nothing. She gives you everything so much, it's the sustenance in herself, so dignity, such powers She has, what does She care for anybody giving her anything?

You'll be amazed if I tell you today, till today- till yesterday. I never asked my husband to buy me anything. For the first time I asked him to buy Me a camera and you see the result in the evening, what he said: least expected. Never in lifetime. He was saying, "You must tell me what you want." First time I said something and see the effect because I never said to him. So such a woman has to be self-satisfied, satisfied within her because She has to give. The person who has to give, how can she demand? She has to give love because she's love, she has give all the services, she has to give all the possessions, she has to soothe down: what a responsibility, I tell you, what a responsibility! More than a Prime Minister, more than any king or anyone is the responsibility of a woman and she should feel proud of it, that such a responsibility has come to me.

A housewife has a much more responsibility than a leader of Sahaja yoga. But the wives of leaders can be

horried because they think they have become leaders, but this is the minimum of minimum. I mean, it's like a said the ocean coming into a little cup, and their behaviour becomes so funny and absurd, I am surprised. I was married in a family where we had a hundred people living together and each one of them adores Me. If I go somewhere in Lucknow, all of them will come from all over to see Me but my husband goes, nobody comes to see him, he always complains. He's the relation, I'm not the relation and they come and see Me, not him. If I had not given them love, if I had not given them whatever they wanted they would not have come to Me. So they are the preservers, preservers of others - they don't have to preserve things for themselves.

Now we have many stupid women with us, I tell you, many stupid women. We call them buddhus in Hindi language, buddhus because they don't know what power they have got. They don't know what responsibility they have. I'm an example before them and this is a very big problem with Me that practically I think 60% leaders have horrible wives, I must say, horrible. And Sahaja Yoga goes (dhup) like that. They can't live in an ashram, they will have their food, the husband must see that they have their food, I mean it is they have to feed everyone, everybody has to be looked after, at the end they should eat. Everybody must get a bed, they must see everybody is

sleeping now, they must cover all the children, everything, then they must sleep. But no, they sit down, the become mini-Matajis or greater than Matajis. "Get me this thing, get me that, this, do that, do this." They don't know how to cook, most of them. Every wife of a leader has to cook or learn cooking, it's compulsory now. They have to cook, and with heart. They should be able to cook and give with love to others. That's the minimum of Annapurna. And the husband shouldn't find faults with them. In the beginning they might make mistakes, then encourage, encourage their qualities, encourage their goodness, encourage their niceness. Also I have seen some very good ladies who are talking very active life in Sahaja Yoga, after marriage they are lost. Husbands are also supposed to be Sahaja Yogis, lost! Sometimes they appear, sometimes if I am there they come, otherwise they are not there. Today I was asking Arneau, he told me so many of them are like that here. That means there is something wrong with the husbands, because before marriage they are better off.

So how much it is important the Gruha Lakshmi principle within us for us to be together, for us to grow together, to feel the togetherness all the time the oneness that is within us. So yesterday as I told you that I'll tell you about the ragas we have. Ra is energy, ga is in Sanskrit language

Gaiti means which penetrates, which moves into everything. It's the etheric qualities, etheric, into which you see we put anything into etheric you can receive it anywhere. **So the raga is the energy which goes into the ether, and touches your spirit.** That is the raga and these ragas are, I would say, are something like a housewife. Supposing if you stand with a military band, you'll be fed up - left, right, left, right, left, right - but a beautiful melody, that's a melodious thing, melody, and this melody itself is suggesting of a beauty. The way the housewife decorates the house, she smoothes down everyone, makes them feel happy, then she's looking after everyone- everybody knows she's standing there. Imagine, like a modern style would be you call some people for a birthday cake of your child and you cut the cake first because you are the housewife. How will it look? It is that ridiculous, I tell you. The way the housewife always puts forward before everybody else- they have to be on the back because you have to look after, look after all of them. And this is what is a raga is, it caters to all your angularities. Supposing a person is very upset and worried, he comes from office, sits down and puts on a raga - it soothes you down. It makes you settle down. Like people come home, for five days live like - I don't know what to call, not even hotels-but live in a tent-like thing and the sixth day they're out at the sea or they go

and stay in a hotel. Nobody wants to stay in the house because there's no Gruha Lakshmi principle between the two. But raga needs... better is sitting down, settling down, unless and until you settle down, you cannot enjoy raga. Imagine somebody listening to a raga when he's jumpy.

So one has to settle down and that settling down is what is the work of a woman who is a housewife and the man has to act, is to settle down. As I have told you many a times, how your left Nabhi goes out in the modern times much more, and many children are also born of the women who are hectic. Is that the wife normally in India before, you see the husband used to get up, have his bath, all the time his wife is not with him. She's cooking for him, she's looking after the children doing. All the time sticking on to husband also is a sign of boredom. Husband gets bored, wife gets bored, then they have a divorce. She must have other interests like looking after the children, household, Sahaja Yoga, things like that. Then he comes from the bath, he sits, sits on the ground in India, now we are sitting on the tables, alright? At least sit on the tables, not on the table but on the chair, slowly. Then she doesn't tell him at this time "Why did you do like this?" or "This lady was quarrelling" or "I met another lady, she was telling me you were this, and you were that ..." No, she says, "Let him eat his food." That's why in India if husband has (a show temper he

doesn't eat food in the house' or he'll wash his underclothes himself on his own. That is how they show their temper. So then she fans the husband slowly, and tells him good things you see, "Today, you know why, how my son got up and he said 'I love my father very much'." He said, "Really?" "Yes, yes, he said - he has said so ..." and husband knows she's telling lies also, but you see all nice things, you see, and I think better is your mother is much better now, I think I'll go and look after your mother, and your sister is coming so I am thinking of buying a sari for her ... all such nice, nice things she will talk to him. So he'll eat his food nicely then he'll go and wash his hands and go in a bullock cart, not in a car where there is a jam always. Alright, now the bullock cart is over. The fan is over, you have to be very fast as life is fast now.

In this fast thing as I have told you that **on the periphery of the wheel you have the speed, but at the axis it is not, so Sahaja Yogis have to be at the axis** and so the husband and wife, the left and the right side of a chariot, have to be on the axis, and the left is left and right is right. Now the women always take more time to get ready, not Me, I take less than my husband, much less time than my husband but normally. So that is their habit. Forget it. The women have their own habits, they are women, women will remain women, men will

remain men. Men must see their watches ten times. Women might see it once or maybe their watches are lost or out of order, if they are real women, they are not jumpy like men. They are different, but they are women and you are men and God has made men and women. If it was to make a unisex, He would have made a unisex. He did not. So one must accept the sex in which you are born with grace and beauty and dignity, both, and you must know this is women's party.

In India we have such a thing, like you know I was married in a family, very orthodox where they used to even cover the face and all that. So one day the collector who is a friend of my husband so he told my elder brother-in-law "Now why not the wife of my friend come and see me?" He said, "Of course, of course." So just to make it easy for me he took leave from his office and disappeared into another town, and he told his wife that, see, that she goes and sees the collector. See how beautiful it was! How beautiful it was, and I never felt that he was dominating me because after all that was the system of that family, alright, it's alright. But for this

what you need is pure intelligence. If the husband is a dullard, he'll bring down his wife. If the wife is a dullard, she'll bring down the husband. If a woman is very smart, talks well and she knows how to talk and impress people, doesn't mean that she is very intelligent. **I call that person the most intelligent who sees the benevolence, the ascent and the ultimate goal-that person is the most sensitive, is the most intelligent.** All other intelligence is Avidya, is useless. Now on the subject I think I can write a book, so better leave it to the book and today let us have the Puja. May God bless you.

Any questions? (Silence) This means I'll be spending some money. I don't know, there's no chace, I don't know when will I spend. I love to spend, I mean everybody should love to spend. That's why the money is for. One must give to others, you see why the matter is there, matter is to give to others, just enjoy giving others. So enjoyable to give something to others.

May God bless you

(Checked with the Audio)



SHRI HANUMANA PUJA

Schwetzingen, Germany, 31.8.1990

(Pravachan of Her Holiness Shri Mataji Nirmala Devi)

Today we have come here to do Hanumana's Puja. Shri Hanumana is a great character in our being and he runs all the way from Swadhishtana to the brain and he supplies all the necessary guidance we need in our futuristic planning or in our mental activities. He gives us guidance and protection.

As you know that Germany is a place where people are very active, very right-sided, use their brain too much and they are very machine-oriented also. It is very surprising how the deity like Shri Hanumana, who is an eternal child, because He was like a monkey-His head was that of a monkey, if not of an elephant. So, he was an eternal child and He was the one who was used to run the right side of human beings. He was told that, "You must control the sun", to begin with. He has to control the sun, that the sun in the people, if there is too much sun.", then He must try to control it and make it cooler or smoother. So, He was a child, after all, so as soon He was born, when he knew that He has to look after the sun He said "Why not eat it off?" So He went... Ran up the Virata's body and ate up the Surya.

There He had to be told "No, no, no, You have to control Him You don't have to put Him inside your

stomach." Because He thought that this sun will be controlled better if He has it in His own stomach. So the beauty of His character is that He's a child. And the child-like behaviour of Shri Hanumana has to control the right side. If there's a right-side then people don't get children, normally. If they're over-right-sided, then even they get children, but they are really not liked by the children, because they have no time for children, they all the time are very strict with the children, they shout at them, they don't know how to handle the children.

Or they are over-indulgent, because they always think that, "I never got this, so let me give it to the child." So these extreme type of people who are right-sided have got this Hanumana who is nothing but a child. He is very anxious, very anxious to do the work of Shri Rama. Now, Shri Rama is a character, I would say, which is full of balance, absolutely. He is the benevolent king which Socrates has described. So he needed somebody with him all the time to do the work or to supply him or to help him, like a secretary you can call Him. And Shri Hanumana was the one who was created for this purpose for Shri Rama he was such a assistant, I mean, you cannot have such a word for him, you can say, such a servant

of Shri Rama. Even the servants, you see, don't have that much of dedication for their masters. You can say, like a dog or a horse, but that also doesn't have. Such dedication for Shri Rama that by the time He grew up He got nine Siddhis, Navadha Siddhis. Nine Siddhis he got.

These Siddhis are like this that He could become big; He could become so heavy that nobody could lift Him. He could become so Sukshma that nobody could see Him. He could become so subtle that nobody could see Him.

There are nine Siddhis that He got. So, a person who has got the right side too much in him, He controls him with these nine Siddhis. Now, how will you control a man who is running very fast in his life? What He does is to control his movement, He makes him in such a way that he has to put down his speed. He makes his feet very heavy, now he can't do that much. Or He makes his hands very heavy so the person cannot work very much with his hands. So He can give a tremendous kind of a lethargic heaviness to a person who is a very right-sided person. He has got another Siddhis, which are very interesting is that He does not have many weapons, He had only a Gada in his hand and He can extend His tail to any extent and He can handle people with His tail. He does not have to use His hands. Sitting down here, He can put

the tail around anywhere. If He wants He can just make a mountain of His tail and sit on that. He has all these monkey-tricks as you can call them, you see. And all these tricks He has within himself is to control a person who is extremely right-sided, to begin with.

Then He can fly in the air. Just He doesn't have any wings, but He can just fly in the air. That means He can become so big that the amount of air He displaces has a much more weight than his now weight. Just the same principle of Archimedes, if you know the Archimedes principle. That He becomes so big that His body starts floating in the air. Like a boat, you see, you can call it. And He can fly in the air. And by flying in the air He can carry the messages from one to another through the ether. Now, the subtle of the ether that we have is under the command of Shri Hanumana. He is the one who controls, or is the Lord of this Ether, the subtle of the ether. Or say, the causal of the ether. And through it, it communicates. All the communications that you find like we have within ourselves also - ductless glands, which the pituitary is using that ductless glands is through Hanumana's movement. Because he can go into a Nirakar, He can go into formless state.

Also the communications... we know for this communication that we have, maybe we can say that there is

a, we have got a loudspeaker, but we have television, we have got radios- and all those things where we catch on to the ether, anything is all the blessings of Hanumana and are available to people who are right-sided. Only the right-sided people discover these things of the space which we call as a cordless telephone or a thing without... - we have also telegraphs where we don't use any wires. So without any connection, through the ether He can manage. So all the ethereal connections has been done by this great engineer Shri Hanumana. And it is so perfect, it's so perfect that you cannot challenge it and you cannot find faults with it. Maybe your instruments may not be all right, but as far as His ethereal work is concerned He's perfectly there. Now the scientists discover it and think that it is in the nature. But they never think, "How can it be?" We say something in the ether and how is it, it is received on the other hand? They just take it for granted that it is so that we say something here or we relay something on the television and it is seen on the other side. But they never even think or search out how it is done, what is the way. And this is what is the work of Shri Hanumana who has done such a beautiful network and through that network all these things work out.

So, even on the right side the vibrations we get in the molecules, as

you know that we get molecules like sulphur dioxide, if we have the sulphur has two oxygen and the oxygen goes on pulsating like that. They are asymmetric, symmetric type of vibrations, you all must be knowing about it. So, all these things, symmetric and asymmetric vibrations are created by whom? Nobody wants to know. Nobody wants to find out, because after all in an atom or - imagine, in a molecule that deep, who does that job? It's done by Shri Hanumana in His subtle ways.

So, He has another great, great siddhi, which we call as Anima. Anima, Anu, Anu, means a molecule. And that means it can enter into a molecule or Renu-is the atom-it can enter into molecule or into atom. Now, many scientists think that they have in the modern times they discovered the molecules. It's not so, because it's already in our oldest scriptures description of Anima is there, is of Anu, Renu is there. So, it's already discribed there.

Now, then, whatever wherever you see the electromagnetic force is working it is worked through Hanuman's blessings. He is the one who creates electromagnetic forces. So, now we can see that as Ganesha has got the magnetic force in Him, He is the magnet, He has got the magnetic force. Then we can say the electromagnetic is the one which we call as Hanuman's force, on the

material side of it. But from the matter He goes up to the brain. So, He rises from Swadishthana up to the brain. So, in the brain also He creates the co-relationships of different sides of our brain. So, how much He gives us, I mean, we can say, if Ganesha gives us the wisdom, then He gives us the power to think. He protects us also that we should not think of bad things. That is, we can say that, that if Ganesha gives us the wisdom then Shri Hanumana gives us the conscience.

I hope you understand the difference between the two. Wisdom is where you do not need conscience so much because you are wise: you know what is good, what is bad. But conscience is needed in a personality, where he is to be controlled and that control comes from Shri Hanumana, which is the conscience in the human being. Now, this conscience, which is Shri Hanumana, is the subtle form of Him, which gives us - is in Sanskrit called as Sat-Sat-vivekbuddhi, means, Sat means truth, Asat means untruth and Viveka means the discrimination and Buddhi means the intelligence. So, intelligence to discriminate between the truth and untruth is given to us by Shri Hanumana.

In the Sahaja Yoga system, if we say that Ganesha is the one who gives us, He is the Adhyaksha, means He is the, I call Him as the chancellor of the university. He is the one who

goes on degreering to us, "Now, you have crossed this Chakra, that Chakra, that Chakra." And He helps us to know that what state we are in. So, Ganesha gives us, say, Nirvichara Samadhi, which we can call it as the Thoughtless Awareness, and Nirvikalpa Samadhi. He gives all that and also He gives us joy.

But the understanding that "this is good, this is for our benevolence", - mental understanding - comes to us from Shri Hanumana. And it's very important for western people, because it has to be mental otherwise they won't understand. If it is not mental they cannot come into abstract, it has to be mental. And so the mental understanding of whether it is good or bad is given to us by Shri Hanumana. Without Him, even if you become a saint, you will be, of course you are a saint and you will enjoy the saintliness - but whether this saintliness is - all right, if you live on Himalayas, or is all right when you go across to people to give them realisation. All the scanning, this Vivekabuddhi, all the scanning, all this discrimination, all this guidance, all this protection is given to us by Shri Hanumana.

Germany, being a country, which is very much, I should say, an essence of right side. And because of it being such an essence of right side it's important to get the protector of right side here worshipped. But in all that Vivekabuddhi, in that discrimination

He knows one thing that He is absolutely subservient to Shri Rama. Now, what is Shri Rama? Shri Rama is the benevolent king. He works for the benevolence. And Shri Rama himself is a formal king, like Sankocha, we call it, I mean, the English words are not so good to explain it, but Shri Rama is the one who is - who will not push forward Himself. He keeps back and He is very balanced, He is very poised person. So the Hanumana, you see, He is the one who is always anxious to do the work of Shri Rama, always. If Shri Rama says, "All right, you go and get the..." -He told Him, "Go and get the Sanjeevani", is the kind of a herb that was needed to bring Lakshmana to life. He went there and He brought the whole mountain with Him, "Now get and have it!" It's like that sort of a person, you see. So, He brought the...-that's childlike behaviour of His. And the discrimination - in this is that that, if Shri Rama has asked for, whatever he'll ask for I'll do it. So, it's a relationship of, I would say, like a Guru and Shishya. But even more then that that the Shishya is just like a subservient servant, absolutely surrendered to God, absolutely surrendered to God and His main theme is surrender. Now, see this surrender itself shows that all those who are right-sided people are surrendered to God. Not surrendered to their bosses. Mostly all those right-sided people are very surrendered to

their bosses, surrendered to their jobs, sometimes surrendered to their wives also, - but they are subservient to wrong people, they have no discretion. You'll always find that, they have no discretion. But if you take the help of Hanumana then He tells you that you have to be surrendered to God Almighty and not to anybody else. Or to your Guru like Rama. Otherwise you are not to be surrendered to anybody else and then you are a free bird and you have all the nine powers within yourself. Hanumana's whole thing is to antidote your over-activity, to antidote your too-much-thinking, to antidote your ego.

Now, how He finishes the ego of people is very sweetly shown when He burnt the whole of Lanka, is the capital of Ravana. And the way He made fun of him, because, you see, anybody who is egoistical, one must make fun of him, then he is all right. Like, first He went and - when Ravana saw Him he said, "Who are you The monkey"? So He just pushed His tail towards him and tickled his nose with His tail.

So, He is the one who makes fun of egoistical people, Now, if somebody egoistical tries to trouble you He's the one, He'll make such fun out of him, that he'll be amazed how this fellow was jumping like a humpty-dumpty has fallen down and has broken his crown. So, see, **it is the job of Hanumana to protect you**

from egoistical people. And also He protects the egoistical people by showing them down. Like, say, Saddam - in the case of Saddam I just asked Hanumana to do the job because I know He'll do it. Now, how He has put this Saddam into different circumstances that he doesn't know what to do. He doesn't know how to go because supposing, he says "All right, I'll have war," so the whole of Iraq will be finished, he'll be finished, Kuwait will be finished, all petrol will be finished, all right, everybody will be in trouble. But what about him? He won't be there, too. Because if the Americans have to fight they'll go in his place and fight. They won't fight in America, he is not going to go to America to fight them. Few Americans may be dead. So now, in this Saddam's brain also Hanumana is working and telling him, "Now see, Mister, if you do like this then this will happen."

He works into the brains of all the politicians, all these egoistical people. And then they get sometimes stunned, sometimes they change their policies, they come round and that's how they manage.

Also another great quality of Hanumana is that he makes... makes people sort of an arbitrators. He makes people meet each other and two egoistical people, He will make them meet and then He will create such a situation that they both

become friends and become mild. So, His whole character within us acts as to see our ego, discriminate that "Oh, this is my ego that is working." And then to become childlike and sweet, mirthful and happy. He's always in a dancing mood, all the time He is dancing and before Rama he is always bowed down, and always wants to do whatever is the desire of Shri Rama. So if Ganesha stands behind Me, Hanumana stands here at My feet. And He's there. In the same way I would say if Germany, as Philip has asked Me, that if Germany can become like Hanumana, then what a dynamic force we have, if they become so subservient. And the subservient nature of Hanumana is seen to such an extent that as you know the story of Sita when She gave a necklace to Him and He wouldn't wear it, because inside there was no Ram.

Once Sita felt that all the time he is around and so He is sort of cutting out Her Privacy. So She said, "Now, You can be there only for one work, You need not to do every work." He used to do every work of Shri Rama, only for one work He should be there. You choose which work you want to do. He said that "Only, you see, I would like to be with Shri Ram, that whenever He Sneezes I should do like this." You see, in India, when we sneeze, we have to do like this with this (Shri Mataji is snipping Her

fingers). Because the sneezing, see, avoids..... to avoid all the negativity to go out. So we do like this, if you sneeze. Or, if you feel sleepy and you yawn, then also (Shri Mataji is snipping Her fingers) we do like that - mostly.

So He said whenever he will yawn, You allow Me just to (Shri Mataji is snipping Her fingers) this we call as chutki, I don't know what you call this - chutki. "Allow Me to do this."

Sita said, "This is something very little work, you see, this fellow then He will be out of sight."

So He stood there. She said, "Now, why are You standing here?"

"I am waiting for that. So how can I go?"

And that's how She granted, first She granted, "Alright, given to you this job." Now She can't take it back because She granted to do this job. So He is always there like this, standing, just to do this (Shri Mataji is snipping Her fingers) to Shri Ram.

So, I mean, the sweetness of the whole thing is that every time, every minute He is subservient, He is attentive, He is there. **Also in Sahaja Yoga I have relationships with you as a Guru, as a Mother - and I don't know, unlimited. But still, these two relationships we know that I am your Mother and I'm your Guru.**

Now, My - as a Guru, My main concern is that you should learn all about Sahaja Yoga. You should become experts of Sahaja Yoga and you should become yourself the Gurus. This is the only concern I have. But for that complete surrender is required. Islam means surrender. So, you have to surrender. If you are surrendered then only you can learn what is the way you will handle Sahaja Yoga. Now, even this surrendering is done by Shri Hanumana.

He is the one who teaches you how to surrender or makes you surrender. Because egoistical people don't surrender. Then He puts some sort of hurdles or some sort of miracles or some tricks by which then a disciple surrenders himself to the Guru. Otherwise he is not surrendered, he finds it difficult to surrender and the force that acts to make him surrender to the Guru is also that of Hanumana. So not that he is only surrendered but he makes others also to be surrendered. Because only... because of ego you cannot surrender - so He is the one who fights your ego and He puts it down and makes you surrender. So, in His own expression I would say that what He has shown that **there's a very beautiful area of right side. If it is to be perfectly enjoyed then you should be completely surrendered to your Guru as if you are the servant of that Guru.**

Whatever you have to do for that Guru, you have to do it.

Of course you must know that your Guru has to give you realisation - minimum, otherwise that's not a Guru. But anybody who has given you the realisation you have to so surrendered that **you should be just like a servant, not to feel shy about it.** Like, I would have sometimes, you know, I am going by - say, I'm going by aeroplane and sometimes I cannot wear my shoes, because they are so swollen up. So normally I would take the shoes in my hands and walk about. But I have seen Sahaja Yogis they pick up My shoes also and walk with me and they don't feel shy about it. They feel so proud that they are carrying My shoes. So one should feel proud that you are doing all these things, that you have a chance to do all these things for your Guru and that you are surrendering to that Guru, you are absolutely only bothered as to how you can serve the Guru, how you can please the Guru and how you could be closer to that Guru. It doesn't mean physical closeness but a kind of a rapport, a kind of an understanding. **Even those who are away from Me can feel Me in their heart.** And this is what it is that we have to get this power from Shri Hanumana.

Now, He is the one who protects also all the deities, He protects. Now, there's a difference between Shri Ganesha and Him. The

Shri Ganesha gives Energy-Shakti, but the one who protects is Shri Hanumana. So you'll find that when Shri Krishna was the charioteer of Arjuna then on top of the chariot was sitting Hanumana, not Shri Ganesha. Hanumana was sitting there looking after Him. Also in a way that Shri Rama Himself becomes Shri Vishnu, so He has to look after him.

He is an angel as you know, according to Christian, we should say, according to Bible, that He is the angel called Gabriel. Now, Gabriel is the one who brought the message, because He is always the messenger to Maria. And surprisingly the words He used were "Immaculata Salve". That's my name. My first name is Nirmala, means Immaculata and surname is Salve. He said those words to Her. And today also I was surprised when it came to giving Me a present they found a tea-set and dinner-set which is called as "Maria". So, Maria has to do quite a lot with Hanumana all Her life. That means Maria is the Mahalaxmi. Mahalaxmi being the Sita. Sita, then Radha. Hanumana has to be there to serve. **And that is why, you see, sometimes people say, "Mother, how did you know? Mother, how did you come to know? Mother, how did you send the message? Mother, how did you work it out?" Can you imagine, this is Shri Hanumana's headache, He does it.**

Anything passes through My mind He just takes it up and it's done, because as I told you that His whole organisation is so well planned, all these messages, from where do they arrive? Many people say, "Mother, I just prayed to you." There was a gentleman whose mother was very sick and he went to see her and she was just going to die - with cancer. So, he said, "I didn't know what to do, so I just prayed to you - Mother, please save my mother." Now, the sincerity of that person, the depth of that person as a Sahaja Yogi Hanumana knows. He knows what is the weight of this person is. And immediately, you'll be surprised, within three days, the woman who was going to die, survived, she got all right. He brought her to Bombay and the doctor said "She has no cancer."

Many things which you call miracles are done by Shri Hanumana. He is the one who is the doer of miracles. He does miracles also to show how stupid you are, how foolish you are, because He is on the right side, see, He goes to the ego-side. Now, with the ego a human being is always, become stupid and that's I mean, something inevitable. With ego they become so stupid, "Oh, what's wrong?" And that's why you'll find many people doing just stupid things, we just can't understand why they do it. They say, "What's wrong?" What's wrong is that Hanumana doesn't like it, it's the

point and then it recoils. When they act stupidly it recoils and then they know that we have done such a big mistake or it was all stupid. But sometimes it could be extremely, extremely difficult to retrace back like the diseases, as I call the "Yuppie's-disease" which is now impossible, because Hanumana has taken away the electromagnetic force from these people and it doesn't work, it doesn't relate to your conscious mind, so your conscious mind cannot act, it just goes off. Only these people if they worship Hanumana with the same devotion, then maybe they might be saved. But it's not easy thing to convince these stupid Yuppies, you see, about anything. They say, "We don't believe, so what." So what, you die, what else? That's the only limit, that's the only life left for you? And you do that?

There are so many aspects of Hanumana which I could have told you, but for example, for His body, you see, like Shiva is covered with the Geru, what you call Geru is a - that's a kind of a, you know what Geru is, it's a red-coloured stone which is very, very hot and supposing with the cold sometimes you develop those rashes. So, if you put Geru, those rashes are corrected. Or you get, due to badhas, sometimes some sort of skin-diseases, which are cured with Geru. Because it is the one which is very hot and it soothes you down.

On the contrary Shri Ganesha

is covered with lead-oxide, with a red lead-oxide, which is extremely cold. Lead-oxide is a very cool thing. If you touch the lead, you see, it is a very cool thing. So, that lead-oxide is used to cover all His body, is to balance the heat that He has or the effects of heat He has. So, we call it, in Sanskrit language is called as Sindoor. And also in Marathi or Hindi called sindoor. We must find always, this is the colour. Luckily I got this Sari in Vienna and I have it very nice for this occasion. So He is always covered with that colour, what you call this Sindoor colour. And lead-oxide, though they say it causes cancer, people say that lead-oxide can cause you cancer, but it is the lead-oxide, which is very cool, it can cool you down so much that you can go to the left side and cancer is a psychosomatic disease and that might be the reason, it might cause in a very far fetched way - we can say - can cause cancer, too. Because if it is too cold and all that and then you go to the left side and on the left side you can catch the viruses by which you can get into troubles. So, but the same lead-oxide is all right for people who are very right sided. For them if it is put on their Agnya it cools them down, they are cooled down. And it's very good for them to put on their Agnya so that they are cooled down. Their anger goes down, their temper goes down and it's a very good thing.

So He is the one who cures our anger, he's the one who cures our

hastiness, our speediness, our aggressiveness, He's the one who does it.

Now, He played a trick on Hitler. How? Hitler was using Shri Ganesha as a symbol. So this Swastika was made in a clockwise manner. Then Hanumana played a trick on him. What He did, He made the stencil, which they were using for making the - what you call - making the Swastika, He put it - somehow or other - lot of, I mean, he made it in such a way that they said, "We should use the other side." As soon as they used the other side - it's Hanumanas trick. I suggested to Him, but, I mean, He played the trick. They started using Ganesha from the other side. The same Ganesha about whom Shri Hanumana was worried, how can He surpass Shri Ganesha? Because He is the eldest and how can you go beyond Him? And He is a deity and Hanumana is an angel. So, as soon as the trick was played, then both of them put together stopped Hitler from winning. This is how the trick was played. So, all these little, little tricks, you see, are there.

Once, I remember, I had My Puja in Germany and - Germany is the place where these tricks are played very much by Hanumana, because I've told you, that they are the ones who require Him the most. So, there was, in Germany, there was a Puja and in the Puja by mistake they put it the

other was round, by mistake. I didn't see, I... Normally, I always watch very carefully, but I don't know why that day I didn't see-it must be also Hanumana's trick and when I saw I said, "Oh God, where is it going to now hurt? Where is it going to work out? Which country it is going to hit? It did not hit Germany, it hit England. Because England, I've worked so hard there and they have been so negligent about Sahaja yoga, so lethargic about it, that it just went and hit there.

So, He is the one who goes like a torrential rain or can go like a speedy, very speed tempest and destroy things. So He works out all these things through His electromagnetic forces. So, all the matter, all the matter is under His control, all the matter is under his control. And He is the one, who creates rain for you, who creates sun for you, He creates breeze for you. He is the one who does all these things, just to have a proper Puja, to have a proper meeting, everything He works out so beautifully and nobody even knows that it is Shri Hanumana who has done it, and we should thank Shri Hanumana all the time.

For the today's thing, I mean, if I have to talk about Him I'll take hours together, but only thing I have to say that it's such a blessing I feel that we have this in this palace, Shri Hanumana's Puja, because he was

always a very majestic deity or a angel and that, in a place where it is so majestic and beautifully done, everything is there, and He would like that. He is not a Sanyasi type of a person, He is not an ascetic. Normally right-sided people are ascetic, they become **bow-hows**, they'll make, right-sided people, they all will have everything simple, they would like to shave off their nose also, if possible, on their faces.

So, you see, the other way round, Hanumana is not, Hanumana likes beauty, He likes decorativeness and makes people non-ascetic. So, Hanumana gives you this kind of thing. But many people who are worshippers of Hanumana always say that those ladies should never go and take the darshan of Hanuman, because Hanumana is a brahmachary, is the one who is... Who doesn't want women to see him. Because He doesn't wear full clothes and He has very little clothes on Himself, so He doesn't want women to see him. But if women think, "He is just a child", that is just the same. But this idea - I think that people don't have - that He is a child. What is for a child. How many clothes he doesn't wear, what does it matter? Then He is a monkey. Monkeys are not supposed to wear clothes. So whatever He wears is quite a lot and He doesn't give you the feeling at all that He is in any way nude or anything, but you just see such

a sweet form of Him, such a sweet form!

I wish, sometimes you get His photograph also as you have got the photographs of Shri Ganesha, then you'll really fall in love with Him, He's such a sweet thing!. And though He is so huge and so big and though he has nails, but when he caresses My feet, he pulls back His nails, He is so gentle, extremely gentle and very beautifully He caresses My feet. And i've seen Him the way he handles everything, it's extremely gentle way.



So that's what I feel that now Germans are becoming very gentle in handling things, in handling people. This change is coming and I think it's the blessing of Hanumana on them.

May god bless you!

Now, so today we need not do Ganesha Puja though once you can wash My feet with some song. Because always before every Puja one has to do Ganesha Puja, but need not be that elaborate.





The greatest fear human beings have is that they think that they have done lots of mistakes, and these mistakes are too many, and they can never get realisation, they will be doomed, they will be going to hell.

This is not true, not at all true. Nobody is going to hell, if they do not want to go. If you want to stop it, you can stop it. The time has come. You are going to be blessed and blessed forever. So may God bless you.

H.H. Shri Mataji