

The
Divine Cool Breeze



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THE DIVINE COOL BREEZE

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Navratri Puja, Australia-2007



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Conversations with the Divine

Part I, June 2007, Cabella Ligure, Italy

During the last ten days of June 2007, it was an extraordinary blessing to be in the presence of Shri Mataji in Her castle in Cabella Ligure, Italy, and to have experienced truly blissful moments in Her Divine company.

These moments, which were marked by extraordinary conversations, occurred on different days over varying lengths of time. However, there was a predominant theme running through all of these meetings. This theme was Her concern regarding a clear absence of growth of Sahaja Yoga amongst individuals born and raised in the United States. One ought to interpret this to mean 'mainstream' American society.

The conversations took place in the form of questions and answers, a gestalt of which I shall endeavor to summarize hereafter.

Basically, Shri Mataji was and remains clear in Her opinion that unless Sahaja spreads in the US (hereafter to be interpreted as 'mainstream' US), there is a clear and present danger that this country would end up destroying itself. Given its prominence on the world stage, the consequences of such an eventuality for the rest of the world would be equally worrisome.

There was a lot of discussion as to why individuals, after getting their Realization, attend a few follow-up programs but thereafter tend to drop off. One tried to put forward some 'reasons'

as to why growth remains limited in the US, none of which are stated in this report. Shri Mataji completely or partly accepted these 'reasons' with the love and patience that only She can convey.

However, She superbly summarized the situation and offered some solutions which are reported herein.

Shri Mataji's expressions

1. The US was the first place She visited outside of India, due to Her concern and love for the seekers in this country.
2. Sahaja Yogis number approx. 1200 in the US with a population of 300 million, which is almost the exact amount of yogis in a place like Italy whose population is approx. 30 million. In ratio terms, we should have at least 10 times our present number to be even at par with a country like Italy.
3. Although spiritual heritage is missing in the US, it is not exactly in



abundance in places like Western Europe and Russia, where the growth of

Shri Mataji. Mother was very pleased with the floral patterns and spent over an hour examining various sarees. She spoke to the Sahajayogis present about various cultures in India and the different styles of Sarees they prefer.

8:00pm : A musical programme had been arranged, with the hope that Shri Mataji would be able to attend and bless everyone. Unfortunately, Mother was not able to be present at the event, although it was clear that her attention was on it as vibrations filled the place and the cool breeze was strong enough to leave many hands numb. The programme started off with a few songs by children, who, with the open heart and innocence only a child

can have, sang the initial bhajans in praise of Ganesha.

Sahajayogis from the main visiting countries, Bahrain and Iran, also performed and entertained the crowd with their musical prowess. In just a few minutes, most of the Sahajayogis in the hall were dancing in joy. The Sahajayogis from Iran were particular favourites of the crowd, who called for an encore after a particularly energetic dance song.

The Sahajayogis of Dubai also received an unexpected blessing when it was announced that Shri Mataji has decided to extend her stay in Dubai by approximately a week.



Who..... I am

I look back; I see
that once I knew who I was
and now I know that I am not.

I look ahead; I see
that I do not yet know who I am
and now I know that yet I am not.

Then who I am I know not,
But for this moment
I know I am.

Melissa Richard

Shri Mataji in Dubai

10th August 2007

12:30am : Shri Mataji arrived at the Dubai International Airport, with a beautiful, benevolent smile on Her face. While the immigration formalities were completed, Shri Mataji waited in the VIP lounge at the airport, where She was served refreshments by the welcoming committee. She was joyous and full of life in spite of the long flight.

1:00am : The immigration process was complete, and the travelling group moved out of the airport. Shri Mataji was escorted to the vehicle that would transport Her to the hotel. Outside the airport, about two hundred Sahajayogis had turned up to get darshan of Shri Mataji. She blessed them all as She got into the vehicle, and it slowly moved away towards the hotel.

1:50am : Shri Mataji and Sir C.P. arrived at the hotel, and were welcomed by a few young children. She was very pleased with the room and decorations within. After a few minutes, all the young children of the collective were allowed to enter the room to get darshan of Shri Mataji. The children were overjoyed at this opportunity to meet Shri Mataji, and smiling faces filled the room. At Mother's asking, the children sang 'Ganesha, Ganesha' and Shri Mataji liked the performance very much. She expressed concern at the fact that the children were staying up so late, but their smiling faces

quickly made it clear that her presence had filled them with energy. She then spoke to a few of the children, asking them where they were from. After a few minutes, Shri Mataji said they should go to bed, and so the children left the room elated at having met their Holy Mother. One of the children was heard exclaiming, "Shri Mataji spoke to me!".

2:30am : Dinner was served to Shri Mataji, and after dinner She retired for the night.

5:00am : The Sahajayogis of Dubai conducted morning meditation via conference call, and the visiting Sahajayogis from Fujeirah and Bahrain joined in. It was a calm summer morning, and the vibrations flowed strongly due to Shri Mataji's presence. A musical program will take place later today, and practise sessions are underway.

11:00am : Shri Mataji had a late breakfast, while discussing various topics with the Sahaja yoginis serving breakfast. Among the things discussed were the Burj Dubai, the building that aims to be the tallest on earth, and other sights visible from the window of her suite.

2:00pm : Shri Mataji emerged from her room, and spoke to the Sahajayogis present for a few minutes, asking them where they were from, and so on. After a while, some cloth merchants came forward and arranged to offer sarees to

Sahaja Yoga is far more satisfactory. Most importantly, She has been accepted by mainstream populations of all of these nations relative to the US, where for the most part, growth is non-organic and clearly excludes mainstream Americans. Growth through immigration does not truly count, for exactly the same reason i.e. it excludes American natives.

4. In the 70's and 80's, the US was visited by approx. 12 false gurus from India, who deceived the population and let them astray in terms of spiritual guidance. This has worked to the tremendous detriment of all things 'Indian', particularly in the sphere of spirituality, and therefore in all likelihood has made Americans wary of Sahaja Yoga. The fact that in the process these false gurus built personal fortunes worth hundreds of millions by taking full advantage of their na?vet?, further reinforces a deeply established mistrust of all aspects spiritual emanating from India.

5. Although Americans may look at most things in life through a materialistic lens, they have to realize that most things in life which are essential for survival are in fact free! For example, the air we breathe!

6. Americans do not seem to get as much love and understanding from their families as compared to other cultures, e.g. India. It would be essential for the growth of Sahaja in the US that they feel and experience this love and compassion, which they may have so far missed in their personal lives.

7. Americans by nature are not seekers of a higher truth, perhaps due to an abundance of material prosperity. However this is in contrast to a place like India, where even well-off individuals seek a higher truth.

8. American yogis (not immigrants) have to examine and elucidate the reasons why they were attracted to and have continued to remain in Sahaja Yoga. They should ask themselves a key question: 'What is it about Shri Mataji and Sahaja Yoga that makes it so unique and important for me in my life?' They should then try and reach out to mainstream Americans with the same messages.

9. Ordinary Americans have to see and identify with their 'own kind', in order to recognize the benefits of Sahaja Yoga. This will not easily happen if they only see Indians propagating Sahaja Yoga.

10. American yogis have thus to take center stage and lead this endeavor. All other ethnicities, including Indians, can play a truly supportive role in helping out with this grand venture.

11. Opening Sahaja schools in various American cities, in order to get in more children, would be an ideal way to propagate Sahaja. Children attending Sahaja schools are completely happy within that environment, and if that can be replicated to attract children from non-yogi families, that would be a wonderful way of getting Sahaja into American families. If parents notice that their children are very happy and content with a Sahaja school

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Conversations with the Divine

Part II, July, August 2007

The days following Guru Puja saw a gradual shift in the attention of Shri Mataji to the land of Shri Krishna and the issues of America and I as well as others were extremely fortunate to be able to have the tremendous blessing of being in Her presence in Cabella during this time.

During these days leading up to Shri Krishna Puja, Shri Mataji spoke on topics ranging from how to reach the seekers of America, to the corporate outreach of CEL, to Her experiences during the time of Indian independence, and at every moment She was full of encouragement and enthusiasm for the tasks ahead of us.

Recorded below is a humble attempt to summarize the main points of these conversations, some of which I was not present for but received a detailed summary of that are included below. These moments are precious and Her guidance to us as well as the stories of Her past are of inestimable value now and for the generations to come.

America

Because the seekers of America are very independent and self reliant, Shri Mataji had specific advice on topics to convey to them in a manner that will appeal to this aspect of their nature.

- Tell the seekers that true freedom and independence comes from self knowledge, and that they should know that they have this instrument within themselves and it is their own. We should

tell them to "Know Thyself".

- Once they have felt the existence of the instrument within, they should be told that they can diagnose their own problems through some knowledge of the centers and that they can correct them without anyone telling them.

- This ability to clear their own problems at the level of the centers will allow them to become independent of the doctors and psychiatrists and the medications they prescribe and will save the money that is wasted on these dependencies.

- Shri Mataji suggested that seekers begin immediately to work on themselves and others, and in that way will feel that they have something. Even if they cannot feel it and the person that they are working on does, this will encourage them.

- Shri Mataji went on to address general topics about America that came up and these are summarized below.

- Shri Mataji said that She was very happy with the spread of Sahaja Yoga in Russia and that maybe communism is a good thing. She said democracy in America is hopeless if the result is what is happening today with the seekers and their materialistic focus. She said She has been very kind and patient with them, but that She is going to tell them, and hopefully this will work. Shri Mataji said that She wants to come to America.

- 12 false gurus came to America from India and looted the seekers of all of

their wealth and built big ashrams and now who is going to stay in them? Shri Mataji said that the Americans were stupid to listen to them and that you have to be intelligent to understand Sahaj Yoga. These gurus are finished but their effects linger on.

- Shri Mataji explained that Americans teach their children a love for money by paying them to do things for the parents that they should do out of love such as washing the car and chores in the house. She expressed hope that their children will put them right. She said that you have to love your children and that if you don't Sahaja Yoga will not love you. Not only your own children, but all children. You must love and respect them, as they do not care if you are a saint. They just care for your love. She said that if this happens this world will change.

- Shri Mataji was informed about the existence of the Kubera fund in America and was asked about the priority to be given to the disbursement of the funds i.e. towards the establishment of centers or more direct forms of outreach to the seekers. Shri Mataji first asked how many centers could really be obtained with these funds and when it was explained that the fund is making down payments on mortgages that are then paid by the centers, She said to prioritize the centers but balance with some outreach also.

- Shri Mataji was presented with a beginners book on Sahaja Yoga designed to take seekers remote from centers through the whole process of Sahaja Yoga and asked for Her advice for a title. She

said that it should be called "Know Thyself" but should not be given at the beginning, but rather at a secondary stage.

CEL (Center for Evolutionary Learning)

Shri Mataji was presented an update on the efforts of CEL, which has been reaching out to the corporate world to give training on enlightened management principles and the manifestation of a positive and balanced working environment through the practice of meditation. A branch of this international organization has just been established in America and when Shri Mataji was informed of their progress in Europe, She offered the comments below.

- Now I have hope that my incarnation is not wasted! God has put you in your positions and you are responsible. That's why God put you on this earth. I am only a housewife. The world is looking for your leadership.

- There is no light in organisations. They have buildings and offices but they don't have light.

- The Islamic world failed because of bad management, particularly on the woman's side. Now you bring vibrations to management.

- Don't be afraid. This time nobody can kill you. The laws are supporting truth. Nowadays everything is recorded - you can look things up what was said, nobody can change it. In the past it was easy for religions to be turned around, but not today. You can say what you want as long

as it is the truth.

- Italians are very good people but they are ignorant. Iraqis are not bad people but they have been stupid.

- Two mayors (Albera and Cabella) recognized me as the Mother of Christ, so they were wise. Even if I am that, so what? What matters is what you have to get from me. Now I am the mother of Sahaja Yogis. First they were thinking to send a man, but you needed a mother. Christ could not have done this.

- You don't need to be afraid. Go ahead. You should get good positions. God has put you in these positions.

- This is a day of celebration. What nice vibrations, nice kundalinis.

- If trees can feel love even managers can feel it. Managers, I will take care of that. Are you satisfied now?

- Speak the truth and give love. You have no idea of the power behind you.

- If you hate, really hate, then actually you love because you are putting so much attention on a person. That's today's way of loving. Selfishness leads to love. Love cannot be defined because it is a feeling.

- Looking at you my heart is filled with hope. I thought my incarnation would be wasted. You are responsible now! Have faith in your self. When asked by the CEL representatives if they had Her blessings, Shri Mataji replied Yes go full ahead! What other job do you have to do? What other job would you like to do? The Big Johnnies in business and politics have to accept it because it's the truth.

Look at me, I am just a housewife (of the universe Gregoire said), but I am not afraid of anyone. No one can do this job other than you. You are fully responsible! Be courageous. The time has come! You all know the truth, but now the Big Johnnies have to find it...

- Money cannot buy joy, but you can use money for loving. Direct it towards love. The whole world is changing. Go ahead. Expand, expand! Do anything you need. That is why God put you on this earth.

Kurta and Sari Distribution

Shri Mataji was distributing kurtas to all of the leaders who were present one afternoon and was asking each person who arrived where they got the kurtas they were wearing. She would offer each new arrival several colors to choose from and have those who had already received a gift of a kurta from Her were asked to show the new arrivals what they had received. In Her classic style, She made sure everyone got the color best suited to them and asked numerous times if they were sure they liked the final selection, often switching the colors around to arrive at something "just right."

At one point Shri Mataji began to distribute saris for the wives of the leaders present and explained that these were Paitani saris, which were the best saris that came from an area south of Pune called Paitan. Shri Mataji explained that they were once fairly scarce, but that now they were manufacturing more and that they are 7 yard saris with 1 yard that should be saved for the blouse. In vintage

fashion, Shri Mataji again went through the process of finding just the right sari for each person remembering how they looked and described why each selection would be perfect for them.

It was a window in time seeing the Goddess in this mode as the one who has everything including the planets as Her ornaments, but is not content unless She is distributing gifts to everyone in an expression of Her boundless love.

Shri Mataji explained that in the early days she wore khadi saris, but Her mother told her once she got married that she should wear some colored saris. She then began to talk about the Indian independence movement and Gandhi's efforts to get the people to wear home spun.

Indian Independence

Shri Mataji reminisced about Her time with Gandhi in his ashram and said that he was such a simple, disciplined and straight forward man. She explained that his khadi movement killed the textile industry in Manchester, England and that they used to even have a song that if we use home spun, the factories will stop. Dr. Spiro who was present at the time is from Manchester and confirmed that in fact there is no textile industry in Manchester today.

Shri Mataji explained that when Her father was jailed for 6 months during the struggle for independence, She knew true poverty for the first time because he was the primary earner. Her father was the only prominent Christian jailed at the time.

Shri Mataji went on to say that the English were wise to withdraw, but that She still didn't fully understand why because this has never happened before. She said there was no war or conflict and that without this, occupying countries do not leave, so the English had some wisdom. Shri Mataji said that the Nehru dynasty had not been good for India, and that had Gandhi become the president, India would be a very different country today.

Cabella & Prathistan

Shri Mataji described Her first visit to Cabella and how no one except Her really saw its true potential. She said that Sir C.P. felt that the place was not good and was quite upset when he left saying "How can we live here?" Sir C.P. then quipped "And now we live here!" to the great amusement of Shri Mataji and everyone present.

Even though standing in Her present bedroom at the time you could see the sky through the walls, she felt that with its thick walls and strong foundation, the house had great potential. She said that She seems to have a "knack" for seeing this potential and that even though the house was almost 500 years old, She could tell that it would be worthy to be her abode. She said that She had never been trained in architecture, but that She had somehow always been able to see these things. At that point I said to Shri Mataji that "You are the architect of all the architects!" and She just smiled.

Aldo explained that the house had been

owned by the Dorias, who were a family associated with shipping who used the palazzo as a country residence and built it in 1641.

Shri Mataji described how she had added another floor of bedrooms above Hers because of the high ceilings and the strong foundations and was able to create a great deal of extra space. She said that She was surprised that the authorities allowed Her to do this in such a historical property, but they had recognised Her and were wise.

Shri Mataji said that the older houses are unique because they usually have high ceilings, larger windows and doors, and are more elegant in many ways than newer houses. She then explained that Pratishtan had originally been conceived as a series of bungalows on the site in more traditional fashion by yogis, but that when She saw the plans She threw them away and designed the grand and very elegant house we see

today in 24 hours. All of the yogis were concerned that the approvals from the authorities had been given based upon the original design, but when they took the new plans in to submit them the original plans had been lost, so they accepted Shri Mataji's new design as a replacement and they were allowed to proceed!

Saturday Evening

At the culmination of the Saturday entertainment evening after seeing the yuva shakti and yogis of America perform and thoroughly enjoying the program, Shri Mataji stated that Her disappointment about America had gone and She felt confident that it would work out!

Let us take this as an implicit promise and become Her instruments for the emancipation of the seekers of America and the complete manifestation of the powers of the Vishuddhi upon this earth!

*Via USA Sahajnet
(The Light of Sahaja Yoga)*



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(and its attendant culture), the probability of success of their acceptance of Sahaja automatically becomes very high. Finally, Shri Mataji said that She will come to America. She said that She will not give up yet. However, She repeatedly asked this question, 'You tell Me what it is that I should tell the American public, that will make them accept Sahaja Yoga?'

That in essence is the challenge for all of us. Shri Mataji wants to come to America, not necessarily for us but for all those who have yet to see Her light.



Raksha-Bandhan and Maryadas for Sahaja Yogis

Pravachan of Her Holiness Mataji Shri Nirmala Devi

Hounslow, London 11th Aug. 1984

Today is a very great day of Raksha Bandhan. So I have to tell you something about Raksha-bandhan. Before that we have to talk about the maryadas (boundaries of pure relationships) that have to be observed by Sahaja Yogis.

One of the things I discovered here, in the West, that though we have understood the importance of Mooladhara, which is a very important thing, that unless and until we establish our Mooladhara fully we are not going to have speediest ascent. Despite all that, there are lingering things you see around. Like, **people start choosing their life-partners in Sahaja Yoga. That is not allowed. That is not allowed.**

You are not to spoil your Ashrams, your centres - using them for a marriage searching society. You must respect this point, you must respect. If you have to marry, then you can find your life partners 'outside' Sahaja Yoga - to begin with - But if you want to marry 'in' Sahaja Yoga, then you should not go on searching people in Sahaja Yoga. It is 'very dangerous' thing for Sahaja Yoga itself, and for you people. That is one thing one should 'never' try to do with Sahaja Yoga. For all practical purposes you are brothers and sisters. And that's why I always encouraged marriage between people who belong to another country or another centres.

As we are now having a big marriage programme, I would say that

most of the marriages which were done like that, are 'very' successful than the marriages that were selected and were done. **It's very wrong to do such a thing as to arrange your marriage with a Sahaja Yogi by yourself. It will be dangerous. I don't want to say anything; but it wouldn't turn out to be good because it is anti-God activity. Absolutely anti-God.** You are supposed to develop your brahmacharya, you are supposed to develop your Mooladhara. Instead of that if you start using a Sahaja Yogini or a Sahaja Yogi for the selection of your married life, it's going to be very very troublesome, your Mooladhara is not going to settle down. I mean that's a bad stroke for your development.

Because of the background and the kind of the conditioning you have had, you people don't understand that it is important to maintain the purity of the centres. And of every place. So any such relationship in one city is a very very wrong thing. It spoils everyone. To add up to the trouble, it's a habit of people, I have heard, that they try to tease that "you look better together", "you're nice together". They 'tease' and enjoy. It's a kind of a very perverted enjoyment of mooladhara. To tease others, "You are looking very nice with him, and you better marry him." It's a kind of a romantic non-sense.

Of course, for all this, yogis - they have to have a Brahmacharya. But even if you can't have brahmacharya. You must

have 'Maryadas.' Not to tease each other and enjoy that kind of a non-sense, when the marriage is not settled; - if marriage is settled it is alright. And this kills completely the joy of marriage. because there is no curiosity left. And many a times I find that 'absurd' relations are established.

Some of them are really no good. And they will really be detrimental and some of them are never established. So if they are established, they are wrong, and if they are not established, they are heartbreaking.

So all this kind of thing you should not do. You have got experiences of people who married outside and brought 'wonderful' people to Sahaja Yoga. If you can do it, you should do it. If you have to marry Sahaja Yogi, you should not marry them at the cost of destroying the purity and the idealism it has. For your own sake, for your 'own' pleasures you should not spoil the name of Sahaja Yoga.

That is one thing I have seen, so I would say that today, as it is the day of purity between relationships, let us know that you have to treat each other as brothers and sisters. No such play should be followed. Don't allow your mind to drift into this. Because if you allow, then there's no end to it. As it is, you know how hard it is to bring you back to normalcy.

When Christ had said, "Thou shalt not have adulterous eyes", He did not say it because it was not practical. It is quite practical for Sahaja Yogis. And there is nothing to worry about marriages so

much, what is so important? So many are married and what has happened to them. 'Even' with the Sahaja Yoga marriage, some have failed because of these bad habits.

So you 'better' get rid of these bad habits before marriage. Because after marriage also they go on like this, and searching for boys and girls. Because if these habits are not curbed, 'before' marriage, then they go on lingering on. So, one should not try to do all these things before marriage. And I have seen such marriages are never, never successful so far. And even if they are, it is a sort of make-believe thing. It doesn't give real joy, it's a joyless pursuit. May be in one case - may be - successful, that does not mean that you take help from such difficult things, but have 'normal' marriage which are enjoyable, which have created permanent bondages between people.

Now we have to understand about the 'Maryadas', about which I have told you before also. The relationships between men and women are pure only if a certain amount of boundaries are kept. Like supposing you have milk in one container and you have got something else in another container. To keep the purity of one container, you have to keep it in its bounds, in the cup. If you allow them to mix up, if they fall together and mix up, then there is no purity left. It's a simple thing like that. One should understand. 'That we have to understand that how to keep our relationships proper in respect to each other's modesty and chastity. Now, for example, there is a girl

who is younger to you. You must keep all the distance from such a person. If she is much older than you, then it's alright; you can talk, laugh, joke, she's 'much' older than you. But normally with a girl who is younger to you, even 'much' younger, you should try to keep away, after all if she is a young girl; not with the children, but still. You must learn these things: how to maintain a distance.

Now, there is a man, who's younger to you. Then you 'must not' have any funny ideas about such a person - is absolutely absurd. If some gentleman is younger to you, it is only in perversion you do such things. See, you should not have any funny ideas about that person. It's only done when there are emergencies, when there is no possibility of a marriage, when there are so many women or so many men - or under perverted conditions. We don't have; none of these conditions are here, so we have to behave like normal people. And when the proper atmosphere is given to us, why not make use of it? Why should we create absurd things? Then they come out saying to me, "Mother, we have decided to marry; let us marry." I have to say, 'yes.' To many things I don't want to say 'yes', but I have to say "yes,". That creates a very bad precedent. 'Maybe' that in certain cases, as an exceptional case, I might have chosen somebody to marry like that. But that does not mean 'you' should take things into your hands and just start doing things like that, so that I will have problems later. Because once you do that, everybody starts doing it. It's a kind of an aggressiveness, that you arrange something, come to me, say,

"Mother we want to marry". Now what am I to say? "Alright, marry." But it creates a problem for me, for the rest of the people. They will say, "Alright. If he has married a girl who is twenty years younger, why not I marry a girl who is thirty years younger?"

You must understand my problems. If you ask me something, "Mother, should I do it?" You really force me into it; I say, "Yes". Because I can't be very strict with you, because I am your Mother. But you should be sensible what to ask me, how far to go. This is the 'biggest' Maryada you have to learn.

Suddenly you will come, "Mother should I sit here?" What do I say? "Should I make this gentleman sit here?" What should I say? - "Alright". You 'yourself' should not ask such a question. Because sometimes you give undue importance to somebody, who is "my brother," who is "my sister," - something. And make that person sit on my head. Sometimes you telephone to me, "Mother she would like to talk to you". Who is she? Is she alright? Should we take her to Mother? Is she capable of talking to Mother? What is her condition? Will she trouble Mother? - Nobody thinks about it.

So you must first establish your relationship with me on proper understanding that you should not try to trouble me! - But this is something not yet in my hands. I think because people do not understand what they are doing.

So first try to see that you don't take advantage of me. And second thing, you don't bring people to me who do not

deserve it. There is no need to waste my time with them. I have so much things to be done; so many ideas to be formulated. I have to work so hard. You know, I am working harder than any one of you, those who are doing Sahaja Yoga. And at this age if you try to trouble me like that I don't know that how to tell you that you do not trouble me. In the 'presence' of the person you will come, you will bring the person on my head," Oh, that person has come from Timbuktu, and I have brought her". Just you do it. It is aggressiveness only. Please do not try to do that. This is the wrong thing to do.

So the Maryadas are to be established first with me; that understanding that you should not try to trouble me 'at all'.

Secondly, you should try to please me by being good people. I hear that somebody is trying to be very egoistical. He does not even put on my tapes, he just gives his own lectures. This kind of a thing is very 'surprising'; how can people do like that? Try to bring down your egos, super-egos. You must Learn to 'please' me (Prasanna bhava He Devi, Prasanna bhava.) If you cannot make the Devi Prasanna (pleased), what will be your achievement? As Rustom says, I am Mahamaya. Alright. But don't you know that I am that ? So try to keep to it. And keep that understanding that if we have to grow, we 'must' have 'proper' relationship with Mother. And we must understand what would displease Her the 'most'. "Am I pleasing Her by doing this ?" But if you force me; "If it pleases You

we will do this", then what am I to say ?"Alright, go ahead". If it pleases me I will just spontaneously say, "Alright, it pleases me. Go ahead with it".

Like that so many things are there that people just try to force on me and I say, "Yes". But I am very cunning and clever in that, because I tell in a way that you realise that it is not joy-giving. Alright.

Now the second thing is that Maryadas of relationships between you, is relationship of 'Pure' Love. Of Purity. Unless and until you develop 'pure' relationship, you are going to be ruined. See, this finger has to have pure relationship with the hand. Supposing if this finger has some dirty feelings about this hand, it may dirty it. It may spoil it. In the same way we must have 'extremely pure' relationship with each other. Means we should try to give our heart to another person without any lust or greed in it, - that, we should try to do. Try to help each other.

I find when they feel in a lusty way, or a greedy way attached to others - this is not for the Sahaja Yogis, but non Sahaja Yogis - they get so much interested in that person. It's a very 'baser' way of attachment..

But in Sahaja Yoga, your attachment is with your Spirit, your Atma. And Atma is the 'purest' form of our being. We have to keep it absolutely pure. And then the enjoyment is higher than any romance, any marriage, any worldly thing. It's the highest and the top-most. First achieve that. First of all you should 'arise' and 'achieve' that. 'Achieve' that purity.

That is very important.

Now the relationship between men and women. I have told you that you should not try to enter into any bedroom, where the ladies are. It's not proper. Nor the women should enter into men's thing. But it is very common. Women should not behave in the way other women behave. Like I was told in a wedding in Maharashtra that the women went and took out all their clothes. I mean that is not England, they got a shock, you know. Some of them lost their appetite for 3-4 days. They have never seen such women in their lifetime. They went and took out their clothes suddenly all of them. I mean they were shocked, so much shocked that 3-4 days they did not eat their food. So you had no business to shock them also. Because if you go to somebody's country, you must know in what way they live. It's never done. Nobody becomes nude like that. And 20 girls, if they suddenly become nude like that, what will happen?

So the sense of shame must be developed. Among men and women. It looks nice, it looks beautiful. It gives you an additional charm. If you have the sense of shame, a little bashfulness.

See your Princess of Wales is regarded as something beautiful. She is bashful! Her bashfulness is so natural. That bashfulness is not there, like a - I don't know what animal does that, but somebody who has no shame. I mean I just don't know which one is that. Everybody has a sense of shame - even animals. So why not we have that sense of shame; how to behave

towards women, how to be dignified.

I have seen one lady going from England to India. And she just went and put a big slap on the back of Mr. Modi "HELLO" Modi, how are you?" And Modi got such a shock! She did not mean; she was innocent, but that's not the way in Sahaja Yoga we are going to behave. Like some sort of a debonair or some sort of a fantastic - what you call - a modern woman.

One must understand one must have a sense of shame; how do you talk. Even with me they will talk with a hand like that "MOTHER! you see this thing is happening." But there's no need to do all that, you see. Talk in a way that is gentle and beautiful.

The other day I met a very nice taxi fellow. And I tell you, his gestures and things were 'so' beautiful, 'immediately' I said he is a realised soul! He would not say anything without putting his hand like this, and with his eyes down below. He would not say something like that, nothing of the kind. So sweet he was, his whole gesture. He is an Englishman! Brought up and bred here. Not a single vulgar word he said. Like one of your players was so stupid. When Princess Anne went to meet him he said all kinds of things, you see. It's kind of an ego, or stupidity - I don't know.

Because, how you talk, how you speak, everything should be saintly. You are 'saints' now! Do you realize? You are all 'saints'. So how you behave with dignity towards each other, how you respect their

dignity, how you live, is 'very' important. And that you should try to maintain in a way that looks like a 'saintly' behaviour. You have to be a 'saint' ! And that is not difficult for you, to take to that, that you behave in a manner that you are saints.

This is very important. It would be killing, absolutely killing Sahaja Yoga, if you do not keep your Maryadas. That is one of the 'Most' essential things one has to understand. I have told you again and again how you dress up, how you bear yourself up, how you talk, how you listen to others more than you talk yourself, how you become non-aggressive, - is the best way to impress people and to express Sahaja Yoga. I tell you, as it is people have started saying, "They are very beautiful people, you can see they are very beautiful. You can see they are very different type. It's something different. They are something great." - People have 'started' saying that. But 'still' we lack in certain things, like we start going on a plane which is not suitable to our stature, to our dignity, to our position as saints. We are all prophets, and prophets have to behave like prophets. They can not behave like cheap-type people. So, in that we have to understand the Maryadas.

Now the Maryada to your leader also; you should be respectful. I have seen that nobody calls any body - even the children will call somebody, say, elderly person also - never they, say, call them uncle or anything like that; - it's a wrong thing. You must teach your children to call elders by the name as brother or uncle or someone. Give some respect to the

elders. But when the leader also is not respected, what is the question of it ? I have seen little boys calling big, married people with 3-4 children, by name. That's not our style. You should never do it. I saw this - even my husband's office has this problem. Because when I came, you see, - they always called you by name. - Tom. He's such a big man, he's called as Tom and all that. So C.P. looked at it..... And we always call them - even the drivers, we call them by the name Mr. — , you see. So we could not understand why is it like this. You see, it being 'democratic' or something. You see that's how you become 'demonocratic'.

We 'must' respect. We 'must' respect each other, must call them by higher names. Specially when in a meeting, where there are people, you should call them - each other, even your friends - by Mr. so and so. It's alright for me to call you. It would look very funny if I call Mr. Brown or Mr. Reeves; because they are my children, you see, I am their Mother. But for 'you' because you are equal, at least call them Mr. -. And say something in a way which is beautiful.

Like the English language has many words as "please", "thank you" - All these must be used 'profusely.' 'Profusely'. We are going 'back' a little bit. We are now becoming much more modern. That, we should give up and become less modern and more elevating. Now the whole idea of this Maryada is such that when you have called somebody as a sister or a brother then it is not only lipservice, "You are my sister". It is

something 'innate', and very deep. You have to develop that feeling of a sister.

Because that's how your sublimity will go up, your left-Vishuddhi will improve, your Vishnumaya will be satisfied.

If you call somebody a sister, the sisterly and daughterly relationships, and motherly relationships, always bring down the so-called ego, which is hiding in the left Vishuddhi. So try to be kind and gentle with the person whom you call the sister. Stand by her. Look after her. If somebody you call your brother, you have to pray for his protection; then you must know that you have a right to ask him for 'his' protection also. But you must also 'give' something to him, and you must try to look after him, welcome him to your house, and treat him as a part and parcel of your being, because he is 'very much' near to you because he is your brother, and he's very much closer to you.

But such a brother should not try to dominate the wife, - this is the Maryada, again. Like somebody is very friendly with the brother. Or a lady is friendly as a sister, then she should not try to put a wedge between husband and wife. That is the 'worst' thing to do, is to put a wedge between husband and wife. Anybody who tries to do that must know that he is a mean person. One should 'never' try to put a wedge between husband and wife.

I know there are problems between husband and wife, I will put them right. But you don't try to put any wedge between them. And don't try to create a problem. If it is problematic, it is for 'me' to solve, you

people don't have to solve. And don't interfere with their married life. Let them be as they are, I will find out how they are, I will try to help them. But it's 'very' wrong to play with their married life or with their marriage problems, and suddenly jump on somebody, - is a very wrong thing. Which is very common here. A woman is in distress, you see, a man will come to help her. Even if she is married, he will elope with her. This is how he comes to help her in the distress. - To create another distress for her. So this is how one should understand that this kind of a cheap heart giving business is not for Sahaja Yoga.

In our heart resides the Spirit. We are dignified people, and in that dignity, we have to rise, and live with that dignity. Not to cheaply allow the Spirit to be insulted or dominated or subjugated to 'anyone'.

Now the relationship with children also one should understand. I have seen some people have a habit of getting a child very much closer, and pampering them, "Oh ! this child is this thing", "Oh I that child..." Let the parents handle the child, 'you' just don't interfere with other's children. Don't interfere much with them. If you find any child is such and such, inform me, I will cure the child. But if a child is being spoiled by you, it's the worst thing to do-to harm that child, is to spoil.

Children here are 'very' clever and intelligent, you must know. They are 'very good' at manipulating. They will, because they are extremely precocious. They are realised souls, they are born in this country. What a combination ! At that time

you should be 'very' careful as to their training.

From the first five years all the parents should be 'extremely' strict with children. 'Extremely strict'. Don't allow them to overpower you or manipulate you. It's 'very' important. If you allow them to overpower you or to dominate you, they will sit on your head. Tell them not to do like that. And one day you will come and say "Mother, what to do, these are realised souls and you see we were looking after them." They are not deities. They are not deities to be worshipped. They are 'only' realised souls. So keep them at that point. And you are my trustees of these children. And if you spoil them, it is 'you' who will be held responsible. You have no business to spoil the lives of these children as Sahaja Yogis, and their chances of ascent. So if they are born-realised, they are not deities; this you must understand. They are not 'beyond' corruption, they are not beyond all kinds of things.

So this if you understand, this little point, that dealing with your children, you have to be 'really' strict. They must know how to meditate, they must know how to pray, they must know how to respect; and all the good things you must teach your children - and don't allow them to sit on your head.

Many people have ruined the lives of their children like this. Now will you see such child is brought into proper level? If the child is trying to take liberties with you, and cheeky, and does not listen, please give that child to some other Sahaja Yogi,

whom you think can look after, to look after - and see that the child is put right. "Nip in the bud" is the best way, because we don't want to have children who are spoilt, who are spoiling other children, nor we want children who are subjected to such children. So, you can have proper children, well-behaved children, sensible, wise children. Because they can really be a drag on you, on me, on everyone, if you do not properly bring them up. And they are our liabilities, we have to look after them.

So the relationship between father and children, mother and children, is important. Actually the mother should look after the child much more. And the child must respect; father should never scold the mother in the presence of the child. That's one thing one must understand. That if the father starts scolding the mother in the presence of the child, the child will have no respect for the mother. But the respect must be maintained, because if the wife respects the husband then the child will know how to respect her and the husband too. So the whole thing is built up like that. Is a kind of a pattern for the children to follow. One should not try to dominate the husband, at least in the presence of children. That's very wrong. Because then the children learn that trick and they start dominating 'you.' So it flows from you to children. So try to see, if you have to do anything then you do it yourself. And respect the husband and in a way that is very obvious to the child that the father is respected by mother.

And they are just like monkeys.

The way you behave, they behave. So you allow them to behave in a particular manner, they will behave that way. But if you put a good pattern of behaviour, they will imbibe it.

The other day I was thinking, how Indian children are so obedient, so sensible. They will never ask for it, "I want this, I want that". They never manipulate. What happens? What happens, how do they do it? The reason is, I think, the good pattern in the house. Everybody knows whom to respect, how to respect. how to behave.

The relationship in Sahaja Yoga has to be even more than this, much more subtler. For example, if - this I have said before also - if we are in a room try to give another person always - try to do 'for' them. If you have to pay, better pay yourself. Not that wait for another person. Try to do it yourself. Run 'forward' to do it. You see, if someone is carrying the luggage, 'you' run, 'you' do it. That is the way a Sahaja Yogi should be. Mostly, children are like that; they will say, "I will get it; 'I' will do it; 'I' will receive." May be ego, you might call it, but whatever it is, but that is the sign you all have to achieve by organising a proper type of an image for the 'whole society'. That if somebody needs something, you run; "You want water, alright ...", "you want something, you take mine". Food also, same thing. First let other's have, not that you should first have anything. How you eat your food is very important, everything is very important for the children to see, and to behave like that.

In money matters also, I have seen that people should be very- very sensible and should have proper Maryadas. Now, with me, whatever Maryadas you want to keep, you must understand! It is very embarrassing to talk about it. But so far, as you know, I had to shell-out lot of money to manage many funds, many things. And last time also we had many people who came to eat-does not matter.

At the time, now, when we are talking about Maryadas, we must know that in any case Mother should not be made to pay any more. Because we are so many, we should try to manage, it possible. Like yesterday, I had a person from BBC, and he said, "It is 'wrong' of you, not to take any money from them." I said where is the money! No question of taking, I have to pay myself! I said it is so invaluable that how can you charge for it? They are not charged for it, it is very invaluable. The Spirit is very invaluable, and you cannot charge for it. So he was insisting. I mean, he took half an hour on this subject only. He said, "This Anglo-Saxon brain would not understand unless and until you make it a little more money-oriented or something. I said, "I can not. Tell me how much is to be paid." Just to shut him down, I said, "What about Christ? How much money did 'He' take? By God's grace I am quite well off and I really do not need either. But He 'needed' still He never took any money from anyone." - Then he kept quiet. But this is, you see! That people think that you are getting it easy, cheap and that is why you want to take advantage, - which is wrong. You must 'respect'. You must respect and

understand, that it is 'never' good to take any advantage of it.

On the contrary, whenever it is possible you should try to do whatever is possible for Sahaja Yoga. It is very important. Try to surrender. Not that I will take any money from you; you know that, I do not want any money or anything. But 'surrender' yourself absolutely to Sahaja Yoga. That is the best way people have risen and have done so well.

Now the relationship among yourselves, among different groups, among different nations. We should try to help people. Supposing there is a couple now, wants to go to India to get married. Now if they do not have money, of course I am there. I said, "Alright they need not pay any money, I will pay for them". But Warren has put down his foot, he says, "Why not the people or the centre help them out, for the time being?" You see because, now supposing they have helped somebody, he had no money. He went to India, he got married and then he got lost. See, he misbehaved, in the sense, that he does not talk to anyone, he thinks no end of himself. Then he started behaving in a funny manner. So a kind of a feeling came into their mind that "Why should we do it? You see, you do it for somebody, he behaved like that. If you try to help somebody,... Is this a natural reaction that if you try to do something for someone then people try to misbehave?" That's not so. Must be one person has done it, that does not mean that everybody has done it. That's what it is. They say there's a kind of a barrier built

in a person who is helped by us and his ego is challenged, and he tries to behave in a manner, which was never known before. And he starts behaving in such a 'funny' manner that he does not talk to anyone, he keeps out and he becomes mad, which is ego. So, his ego is hurt. There's nothing to feel hurt. Because if you have no money and if it is one part and one body, if somebody's helping you out, does not matter. You can help somebody else, when you are well off. But when it comes to 'you', you give up. So it's a very absurd type of a behaviour of one individual or two or three or may be five or ten. Doesn't matter. But still we must not forget that we have to 'help'.

We have to help as many as possible. And we must try to do, whatever is possible for us, for others. This is important. If we cannot do for a group, like Sahaja Yogis, whom are we going to help? So we have to give that help.

Now, in Sahaja Yoga itself, on the subtle basis we should not try to judge anybody's vibrations. It is very common in people; "Oh, you are caught-up on your Agnya". "Oh you have got this wrong, let me clear you out". You sit down. Morning till evening, without meditating, they are clearing each other's chakras and catching on yourself. It's an absolutely wrong idea. 'Everybody', individually, should sit before the photograph get the vibrations. 'Every' morning, there should be a discipline. You must know that the system of Sahaja Yoga has worked out this way that I have given you realization just to say that "Let your light be

enlightened." Now you have to see your lamp, it's clean or not; - only possible when the light is enlightened. See your lamp, if it is enlightened or not. See, if somebody is over-aggressive, then its alright, you make a joint attack on that person. And tell-off that person. Or there are leaders who will do it. But everybody must not judge others. You better judge yourself, cleanse yourself, look after yourself. And also try to see how your lamp is. Is it clean ? Mother has given us the light to see; and why not see ?

So if you work it out on these lines, you will go 'very' fast. And you have to, now, perfect yourself. We have so many Sahaja Yogis, but how many are perfect. This is the point.

Now your relationship to Sahaja Yoga is also very important. There's a Maryada about it very much. Sahaja yoga should not be taken for granted. Anybody who thinks he has got realisation and now he is sitting on top of the world - is not so. You must work it out, you have to have discipline. The same gentleman - the BBC fellow - was saying that it was before, for years together you had to live in celibacy and wash - and sweep steps of the temple and do all kinds of things, work hard, do this do that, - and then they would raise it to one chakra. I said, "Now we do it the other way round". First build the dome, and then the foundation. Sahaja Yoga is like that. So that, with the dome you understand you are protected, you are looked after. But people take for granted. Like : "Mother will do it." "Leave it to Mother." No.

It is not so. You are my hands. Now, supposing, my hands have to lift this, I should say that "Nirmala will do it." Now which is Nirmala ? - These hands are the Nirmala at this point !

So, many people drift like that, so to Sahaja Yoga also your attitude should be of respect. You should not try to put yourself into bandhan before others, you should not try to do these things, but in a dignified way you should respect Sahaja Yoga. And 'foremost' of all, to Sahaja Yoga your relationship should be that you should 'know' "Sahaja Yoga" what it is." Otherwise every time if you have to talk about Sahaja, Gavin must come - or somebody. Why? Gavin did not know a word about Sahaja Yoga, he did not know a word about Indian mythology, he did not know 'anything', he did not know what is Realization. He studied. He even studied Sanskrit. Like many of you have done it. But 'all' of you, 'one and all', should become a big pandit. But you get lost in your marriage problems. Then your children's problems. Then my mother, then my sister. I mean it will take too much time for you.

First of all you must see, 'I am a Sahaja Yogi. let me get to work.' And it creates problems for us also. Because your wife will sue you, your children will come round, this that. You should say "I have nothing to do, I am going to study Sahaja Yoga." I was surprised that many people have taken "Advent" just like as a Bible. Just as a Bible. They 'never' read it. I was surprised that some people do not know what I have written in the Advent.

So it's like the Jews, you see, having a Golden Bible tied up here. They keep the "Advent" in a very good cover near the photograph, worship it, - finished. And the knowledge goes into them ! " You 'must read' some chapters - at least of "Advent", if not anything else.

There are so many books you can read. I have told you. Try to make your own library. Try to improve on it. 'Everybody' must try to get perfection. Perfectionism. You should never be a liability on Sahaja Yoga, but a 'great asset' of Sahaja Yoga.

That's what everybody should try to be: That, 'your' problems I will solve. But you solve your ascent. That is very important. You 'must' ascend' otherwise whatever problems I solve, you get into another problem, then you get into another problem.

Now the relationship, say, you have an Ashram. Somebody has bought it. Now nobody should think that "this is my house." Now this is the best way to get out of this idea of possession. Because then I trouble you; that's the place where Mahamaya plays. If you say, "This is my house" - then you will have it ! And you will have it for ever. So such things you should 'never' develop, the feeling that this (is my house)." Now I have seen people going to an Ashram. And then they think this is their house. They live there. They manipulate all the money that they save and this and that, and develop this, want to make everything comfortable. They never think: "This is not my Ashram, I am doing it because I am a Sahaja Yogi. This is the Ashram of Mother. I have to do it

"But that detachment is not there ! Not at all a detachment. And it is something surprising, that if you have to go to Himalayas and make insurance policy; then what's the use of coming to Sahaja Yoga ? It is as absurd as that ! We are writing two insurance policies, that, "I have gone to Himalayas, if I die, give my property to this one. If I don't die, I will come back after that"...! -And nicely packing up in a nice plastic bag so that ice does not spoil it ! It's as absurd as that ! So you should not have anything.

Now some people have a habit - "Oh, I will get a house for myself. Get my wife there, children there." Finished -..All such people, for a change, should leave their houses, come to Ashram, put some other people in their house. Because they are getting attached, you see, how will you get detached? Is there any way out ? Because that is very important in Sahaja Yoga : "Unless and until you are detached, you cannot ascend." Supposing you have all the tentacles down here on the Mother Earth, and you say "Let this plane fly" - how will it move? So those people who have houses of their own, or buildings of their own or anything flats - 'should' give up their houses, not to be that comfortable; get out of it. Ask some other people to shift, and you shift to the Ashram. Go on shifting, training your mind to shift, to live with everyone, to be able to share and to do things.

I have changed 40 houses after my marriage. You can imagine ! And the kind of a house I have to carry on with is a very multipurpose house. And I have changed

so far forty houses, and if I change now this house, it will be the forty-first. You can imagine, I have been married forty years and forty houses I have changed. So the relationship of purity must be understood, in everything. "Is it 'pure' relationship? Am I living in this Ashram in 'pure' relationship? Because this is a house that is a house that is giving me comfort that's why I am living in this house, or am I just living here, just because it is an abode, I am here today, and I will be there tomorrow?" You will be amazed you will enjoy 'every' part of life.

'As soon as' you are attached, you are doomed. It's a 'headache', to be attached to some one. Then you hanker: "My wife has not arrived. Oh God, what to do now. I must telephone to her, get her here". But if you are detached, "What's it, she'll come in time." Not only that, but you will enjoy her company; otherwise you will shout at her: "Why did not you come in time, I was waiting for you." Then why were you waiting to scold her, and shout at her and spoil all the relationship? Just see, the absurdity of the whole thing is the 'attachment.' You should get completely 'DETACHED' about everything and you will enjoy, just ENJOY!

But in that also, one has to judge you are really enjoying or you are just making a drama out of it. Try to be sincere. PURITY is brought forth by SINCERITY. If you are not sincere to yourself and to others, you can not, be pure. And purity is the 'main' thing you have to achieve in Sahaja Yoga, apart from the unity, which I have given you. But if you do not use this

unity for purity, no use.

So this light should give you complete wisdom that you enjoy a 'pure' good life. You are married; alright, you have life of enjoyment with your wife - that I have already described to you. And with your wife how to behave also I have described many a times. Or with your husband.

But when it comes to others, you should have absolutely 'Pure' relationship - of no exploitation. Even there are flirting exploitations - as the same as money exploitations. Here if you exploit somebody by money it's called a 'Thug'. But flirting is not called anything. I think it is a much worse crime according to Christ. So you have to be careful on this point, and understand that relationship with each other has to be pure. Now there are people who have, say, horrible wives or horrible husbands. I don't mind, they can give them up. If they are 'absolutely' impossible, if they are spoiling their purity, if they are torturing their lives, then the best is to get rid of them. I don't mind. Because if they are 'so' bad that you cannot use them - just like this body, if it is so bad, it's better to give up and die, so that let that relationship die out. But that death should come to you as a very forceful help, otherwise after that if you become a nervous personality, what's the use?

So what you have to do after such a thing has happened, is to solve all your problems solve your divorce problems, solve your court problems, then come to Sahaja Yoga. We do not want to get involved into this sort of a thing 'at all' that

we have broken any family or anything. If you cannot carry on with your wife, Sahaja Yoga should not be any excuse. Because 'you' can not carry on with your wife, you should have this thing - go out of Sahaja Yoga, do what you like with your wife, finish it off once for all. And you should tell her, "I am no more a Sahaja Yogi." Get it out, and 'then' come to Sahaja Yoga. But by coming to Sahaja Yoga you will be 'really' troubling me too much.

So I have to make a humble request to you, that if you have any such problem, do not allow any child who is younger than a proper age - sixteen years - to be kept in the Ashram without taking a full permission, 'written' permission from the parents. Or a wife who has made problems with the husband, should 'not' be allowed to come and stay in the Ashram with the children. We are not responsible for all kinds of problems.

Then people who are sick or mentally deranged should not be kept in the Ashram. That is also quite a 'sympathetic' attitude of so many Sahaja Yogis. Ashram is for the 'best' people, not for the lunatics. So please do not get such people who are no good. We do not want such people to come in the Ashram who are going to ruin the reputation of the Ashram. Now, brother sister relationship - the relationship of Vishnumaya is, that Vishnumaya is the one who is the Sister, Sister of Shri Krishna. She is the one who announced the Coming of Shri Krishna. She is the one who sacrificed her life to save Shri Krishna's life. Vishnumaya is

the one which surrounds Shri Krishna; and She was born as Draupadi who, you know, was later humiliated by Duryodhana and it was Shri Krishna who came and helped her.

So it's a very sweet relationship of purity, of help. A very delicate relationship is to be maintained of a brother and a sister. And that is a special relationship. Today, those who want to tie the Rakhis to a sister should tie today before me, it will be a good idea. It is a greater relationship than any other relationship. Because here somebody is your 'own' sister, is alright. But if she is not your own sister you should know that you all are born of 'One' Mother. So the brother and sister relationship should be alright.

In that also one should not have preferences Because some would like to have a rich sister! Or some sort of a nonsense like that. Or somebody would like to have the most miserable one. This is all but a relationship with a person with whom you would like to be happy, you should tie the Rakhi. And if there is anybody left out, I would say that best thing would be to have your lucky dips. I think for people, something like that could be done so that they choose their sisters and tie the things. Which ever way you like you choose it. But I have got some nice Rakhis for you; that should be done today. And I will be very happy. And then we will do this little havana for the Vishnumaya.

May God Bless you



When the Kundalini Rises, It Makes Sounds

Her Holiness Mataji Shri Nirmala Devi

(London-14.10.1978)

When the kundalini rises it makes sounds and the sounds that are heard in the different chakras can be pronounced in the following way :-

These pronuciations are being used in the phonetic language of DEVA NAGARI, which means the language spoken by the Devas.

- At the **Mooladhara** where there are four petals the sounds are (व-va, श-sha, ष-sh, स-sa). Out of which last (ष and स) Sh and Sa sounds are very close but the difference is when the snake hisses it makes this (स) sa, the third sound. So Va, Sha, Sh, Sa (व, श, ष, स)
- At the **Swadhishtana** where there are six petals it makes six sounds- Ba, Bha, Ma, Ya, Ra, La (ब, भ, म, य, र, ल)
- **Manipur-** It has ten petals. It makes the sounds Da, Dh, Na (ण), Ta, Tha, Da, Dha, Na, Pa, Pha (ड, ढ, ण, त, थ, द, ध, न, प, फ)
- At **Anahata** there are twelve petals. It makes the sounds : Ka, Kha, Ga, Gh, Ņg, Ch, Chh, Ja, Jha, Yán, Ta, Tha. (क, ख, ग, घ, ड, च, छ, ज, झ, ञ, ट, ठ)

- At the **Vishudhi**, where there are **sixteen** petals, it makes the sounds of all the vowels :

A, Aa, E, Ee, U, Oo, Ree, Lru, Lroo, É, Ai, O, Au, Âm, Áha.

अ आ इ ई उ ऊ ऋ ॠ लृ लृ
ए ऐ ओ औ अं अः

- At the **Agya Chakra** it makes Ha -ह, Ksh -क्ष
- At the **Sahastrara** one becomes **Thoughtless** and no sound is made, but the pure '**Ana-Hata**' (अनाहत) meaning the throbbing in the purest form - as in the heart is of **Lap-Tap, Lap-Tap, Lap-Tap** (लप-टप, लप-टप, लप-टप,)

When, all these sounds are sounded together and pass through the spiral of the body, if the body is made a conch, the sound that comes out of this synthesis is....O...OOO. Like the seven colours of the sun ultimately become white rays or you can say the golden colour rays.

- There are three Granthis (ग्रन्थी) means the knots-The **Brahma Granthi** (ब्रह्मग्रन्थी) The **Vishnu Granthi** (विष्णु ग्रन्थी) and the **Rudra Granthi** (रुद्रग्रन्थी). With **Agni**, means fire (अग्नि) when the Brahma Granthi meets, between the Kundalini, Mooldhara Chakra, and the Swadhishtana means Mooladhara

Chakra, Mooldhara and Swadhishtana Chakra then Agni-Brahma Granthi is established (अग्नि ब्रह्मग्रन्थी)

Vishnu Granthi (विष्णु ग्रन्थी) when mixes up with the Surya (सूर्य), that is between Nabhi and the Hridaya Chakra (नाभी, हृदय) Surya-Vishnu Granthi (सूर्य-विष्णु ग्रन्थी) is 'established. When Vishudhi and Agnya auras meet then Chandra-Rudra Granthi (चन्द्र-रुद्र ग्रन्थी) is established.

● Altogether there are fourteen Nadis (नाडियाँ). The Name are :

1. Alambusi (अलम्बुसी)
2. Kuhu (कुहू)
3. Yashodhari (यशोधरी)
4. Varuna (वरुणा)
5. Hastajihva (हस्तजिह्वा)
6. Yashasavati (यशस्वती)
7. Ashwani (अश्विनी)
8. Gandhari (गान्धारी)
9. Usha (उषा)
10. Shankhini (शङ्खिनी)
11. Saraswati (सरस्वती)
12. Ida (ईडा)
13. Pingla (पिंगला)
14. Sushumna (सुषुम्ना)

Apart from two chakras which are Surya and Chandra (सूर्य, चन्द्र), there are nine other chakras : Mooldhara Chakra, Swadishthana Chakra, Manipur Chakra,

Anahata Chakra, Vishudhi Chakra, Lambika Chakra, this is also called Hamsa Chakra, Agya Chakra.

Between Agya Chakra and Shasrara there are two other sub chakras known as Nada Bindu (नाद बिन्दु). So we have :

1. Mooldhara (मूलाधार)
2. Swadhishtana (स्वाधिष्ठान)
3. Manipur (मणिपुर)
4. Anahat (अनाहत)
5. Vishudhi (विशुद्धि)
6. Lambika (Hamsa) (लम्बिका)
7. Agya (आज्ञा)
8. Nada (नाद)
9. Bindu (बिन्दु)
10. Sahasrara (सहस्रार)

Apart from that there are nine chakras on the sides, like **Shri Lalita** and they have different (योगिनिया).

Yoginis, means the powers, the Shaktis guiding those Nine Shakti Pithas (शक्ति पीठ) or you can call them as **Avarak Nama Chakra** (आवरक नाम चक्र)

(a) The **first** one is **Shri Lalita**, The goddess **Shri Lalita**, which is the Goddess of beauty; She is the joy giving, **Sarvanandamaya** (सर्वानन्दमय), gives the joy from everything. In every created world, in every particle, in every form, there is a power which gives us joy. This power is the joy, is the power of **Shri Lalita**. She is called as **Maha Tripura Sundari**

(महात्रिपुर सुन्दरी).

Para-Para Atirahasya Yogini (परा परा अतिरहस्यायोगिनी) means Para-Para-Ati-Rahasya, परा-परा अतिरहस्या one who knows the secrets. The Para, 'Par' means the one that is beyond of the beyond; the secrets of that area, the one who knows is Shri Lalita, who is the yogini.

At this stage She is **Bindu-Saryangandamayi** (बिन्दुसर्वानन्दमयी). She is the dot, which is joy giving.

(b) **Second** power or (आवरण) Avaran is the enclosure, is like a triangle. She is **Sarva-Siddhi-Prada** (सर्व सिद्धप्रद). She is the one who gives all the **Siddhis** (सिद्धियाँ). She has got three sides. She is called as **Tripuramba** (त्रिपुराम्बा), **Kameshwari** (कामेश्वरी), **Buddheshwari** (बुद्धेश्वरी), **Bhag Malini** (भगमालिनी) are the three yoginis.

(c) **Third** one is called as **Ashtaar Sarva Rog Hara** (अष्टार सर्व रोगहर). This is another enclosure. The name of the goddess is **Tripursiddha, Ati Rahasya** (त्रिपुर सिद्धा, अति रहस्या), meaning this goddess knows the deep secrets of all the siddhis. The Chakra is called as **Sarva Rog Hara** (सर्व रोगहर) and Enclosure is called **Ashtaar** (अष्टार).

- The eight powers are called as **Vagdevta** (वाग्देवता) means the power of the speech: First is :

1. **Vashini** (वशिनी) means which Attracts

2. **Kameshwari** (कामेश्वरी) which excites.
3. **Modini** (मोदिनी) which makes you happy.
4. **Vimla** (विमला) which makes you clean.
5. **Aruna** (अरुणा) which gives you colour on the face.
6. **Jayini** (जयिनी) which gives you a feeling of victory.
7. **Sarveshi** (सर्वेशी) which connects you with every one .
8. **Kaulini** (कौलिनी) is the one which gives you boons.

(d) The **fourth** Enclosure is called **Antardashar** (अन्तर्दशार).

The Chakra of this enclosure is called as **Sarva Raksha Kar** (सर्व रक्षाकर)- the one that protects.

The goddess is called as **Tripur-Malini** (त्रिपुर मालिनी).

The Powers Are :-

1. **Sarvagnya** (सर्वज्ञा)- the one which is all knowing.
2. **Sarva Shakti** (सर्वशक्ति)- is all powerful.
3. **Sarva Aishwarya Prada** (सर्वैश्वर्य-प्रदा)- giver of all the bounties.
4. **Sarvagyanmai** (सर्वज्ञानमयी)- knower of all the knowledge.
5. **Sarva Vyadhi Vinashini** (सर्व

व्याधिविनाशिनी)-the destroyer of all the diseases.

6. **Sarvadhara Swaroopa** (सर्वाधार स्वरूपा)- the support of all.
7. **Sarva Pap Hara** (सर्व पाप हरा)- the destroyer of all the sins.
8. **Sarvanandmayi** (सर्वानन्दमयी)- The one who makes every one joyous.
9. **Sarva Raksha Swaroopini** (सर्व रक्षा स्वरूपिणी)- the one who protects all of them.
10. **Sarvpekshit Phala Prada** (सर्वपेक्षित फलप्रदा)- the giver of all the phalas means- fruits, rewards.

(e) The fifth enclosure is called **Bahir-deshar-Sarvartha-Sadhaka** (बहिर्दशार सर्वार्थ साधक).

Bahir Dashar (बहिर्दशार) is the name of the enclosure and **Sarvartha Sadhak** (सर्वार्थ साधक) is the Chakra's Name.

Tripura-Shri (त्रिपुराश्री) is the name of Goddess.

She has powers :-

1. **Sarva Siddhi Prada** (सर्व सिद्धिप्रद)- She gives all the siddhis.
2. **Sarva Sampat Prada** (सर्वसम्पत्प्रदा)- She is the one, giver of all wealth.
3. **Sarva Priyankari** (सर्व प्रियंकारी)- She is the one who is beloved of all.

4. **Sarva Mangala Karini** (सर्व मंगल कारिणी)- She is the one who gives all that is auspicious.

5. **Sarva Kama Prada** (सर्वकामप्रदा)- the one who gives all our desires.

6. **Sarva Dukh Vimochini** (सर्व दुःख विमोचिनी)- the one who is destroyer of all our pains.

7. **Sarva Mrityu Shamani** (सर्व मृत्यु शमनी)- the one who pacifies the death.

8. **Sarva Vighna Nivarini** (सर्व विघ्न निवारिणी)- She is the one who is the remover of all these hurdles.

9. **Sarvanga Sundari** (सर्वांग सुन्दरी)- the one who makes every side of life happy.

10. **Sarva Saubhagya Dayini** (सर्व सौभाग्य दायिनी)- the one who is the giver of good fortunes.

(f) The sixth enclosure is know as **Chaturdashar Sarva Saubhagya** (चतुर्दशा सर्व सौभाग्य).

Tripur Vasini (त्रिपुरवासिनी) is the name of Goddess.

Chaturdashar (चतुर्दशार) is the name of the enclosure.

And the Chakra's name is **Sarva Saubhagya Dayaka**. (सर्व सौभाग्य दायकः)

The Goddess's name is **Tripur-vasini** (त्रिपुरवासिनी).

The Powers Are :

1. **Sarva Sankshobhini** (सर्व संक्षोभिणी)- the one who burns off everything.
2. **Sarva Vidravini** (सर्व विद्राविणी)- the one who can perverse.
3. **Sarvakarshini** (सर्वाकर्षिणी)- the one which attracts.
4. **Sarva Ahladini** (सर्व आह्लादिनी)- the one who is the giver of joy.
5. **Sarva Sammohini** (सर्व सम्मोहिनी)- the one who can entice.
6. **Sarva Stambhini** (सर्व स्तम्भिनी)- the one who makes every one alerted.
7. **Sarva Jambhini** (सर्व जम्भिनी)
8. **Sarvavashankari** (सर्ववशंकरी)- the one who is the controller of all.
9. **Sarva Ranjini** (सर्व रञ्जिनी)- the one who entertains all.
10. **Sarva Unmadini** (सर्वोन्मादिनी)- She is the one who gives all the special joys.
11. **Sarvartha Sadhini** (सर्वार्थसाधिनी)- the one who gives meaning of all the things.
12. **Sarva Sampatti Poorni** (सर्वसम्पत्तिपूर्णा)- the one who gives all the well being.
13. **Sarva Mantramayee** (सर्वमन्त्रमयी)- the one who is residing in all the mantras.
14. **Sarva Dwanda Kshyankri** (सर्वद्वन्द्वक्षयंकरी)- the one who

destroys all the dualities of life.

(g) The seventh avaran (आवरण) or enclosure is called (अष्टदल).

And the Chakra of this Avaran is called Sarva-Sankshobhan- karka (सर्वसंक्षोभनकारक).

Here She is called as Tripursundri (त्रिपुरसुन्दरी), She is the one who gives beauty to women to be attractive wives.

1. **Ananga Kusuma Devi** (अनंग कुसुमा देवी)- She smells of many flowers.
2. **Ananga Maekhala Devi** (अनंग मेखला देवी)- who is the solid like a rock in the family.
3. **Ananga Madna Devi** (अनंग मदना देवी)- the one who is attractive.
4. **Ananga Madana Tura Devi** (अनंग मदानातुरा देवी)- the one who gives desire to meet.
5. **Ananga Rekha Devi** (अनंग रेखा देवी)- the one which draws the different boundaries.
6. **Ananga Vegini Devi** (अनंग वेगिनी देवी)- the one which gives you speed.
7. **Anagankusha Devi** (अनंगांकुशा देवी)- the one, who gives power of Ankusha, means the controlling of man.
8. **Ananga Malini Devi** (अनंग मालिनी देवी)- the one which is very gracious.

(h) The **eighth** enclosure is called as **Shodasha Dala** (षोडशदल).

The name of the Chakra is **Sarvasha-Pari-Purak** (सर्वाशापरिपूरक).

The Goddess's name is **Tripureshwari** (त्रिपुरेश्वरी).

She is the one who has got sixteen powers. The first is.....

1. **Kamaa** (कामा)- means the attraction of body
2. **Buddhya** (बुद्ध्या)- is the attraction by brain
3. **Ahamkara** (अहंकारा)- attraction by ego
4. **Shabada** (शब्दः)- attraction by word
5. **Sparsha** (स्पर्शा)- attraction by touch
6. **Roopa** (रूपः)- attraction by beauty
7. **Rasa**(रसः)- attraction by aesthetics
8. **Gandha** (गन्ध)- attraction by fragrance
9. **Chitta** (चित्त)- attraction by attention
10. **Dhairya** (धैर्य)- attraction by courage
11. **Smrutya** (स्मृत्या)- attraction by memory
12. **Nama** (नामः)- attraction by name

13. **Beeja** (बीजः)- attraction through the seed

14. **Atma** (आत्मा)- attraction by spirit

15. **Amruta** (अमृतः)- attraction by eternity

16. **Sharira** (शरीर)- attraction by the form of the body

These are the **attractions** which are subtler and are in the Goddess which act in a way that the Sadhaka is attracted towards Her.

(i) The **ninth** one is called as the **Bhupur** (भूपुर) is the enclosure, while the Chakra's name is **Trailokya Mohan** (त्रैलोक्यमोहन).

Name of the Goddess is **Tripura** (त्रिपुरा).

There are ten powers in this Chakra. The first is :-

1. **Sarva Sankshobhini** (सर्वसंक्षोभिणी)- the one who burns off every thing.
2. **Sarva Vidravini** (सर्वविद्राविणी)- the one who can perverse.
3. **Sarva Akarshini** (सर्वाकर्षिणी)- the one which attracts.
4. **Sarva Vashankari** (सर्ववशकरी)- the one who is the controller of all.
5. **Sarva Unmadini** (सर्वोन्मादिनी)- the one who excites as well.
6. **Sarva Mahankusha** (सर्वमहन्कुशा)- the one who controls, here the ankusha means the weapon that

is used by the elephant driver. So how he controls the elephant, in the same way She controls all.

7. **Sarva Khaechari** (सर्व खेचरी)- the one who attracts all.
8. **Sarva Beeja** (सर्वबीजः)- the one who is the seed you know.
9. **Sarva Yoni** (सर्वःयोनी)- the one who exists in all the....ah....all the yonis.
10. **Sarva Trikhanda** (सर्व त्रिखंड)- which exists in all the three dimensions. The Yoni means the ellipse - which is the power of the Mother.

Apart from that, there are other goddesses, which exist as yellow line known as (मुक्त शक्तया) **Mukta Shaktaya**.

The Mother Goddess are called as **Mahendri, Chamunda and Mahalakshmi** (महेन्द्री, चामुण्डा और महालक्ष्मी). The siddhis that people can achieve are **Anima, Laghima, Mahima, Ishatva, Vashitva, Prakramya, Bhukti, Ichchha, Prapti, Mukti** (अणिमा, लघिमा, महिमा, ईशत्व, वशित्व, प्राक्राम्य, मुक्ति,

इच्छा, प्राप्ति, मुक्ति)

1. **Anima** (अणिमा)- is to become like a Small Particle
2. **Laghima** (लघिमा)- is to become Small
3. **Mahima** (महिमा)- is to have a Big Form
4. **Ishatva** (ईशत्व)- is to create Thoughts out of human beings.
5. **Vashitva** (वशित्व)- is Attraction
6. **Prakramya** (प्रक्रम्या)- is the Manifestation
7. **Bhukti** (भुक्ति)- is the Enjoyment
8. **Ichchha** (इच्छा)- Fulfilment of Desire
9. **Prapti** (प्राप्ति)- is the Attainment
10. **Mukti** (मुक्ति)- is the Salvation

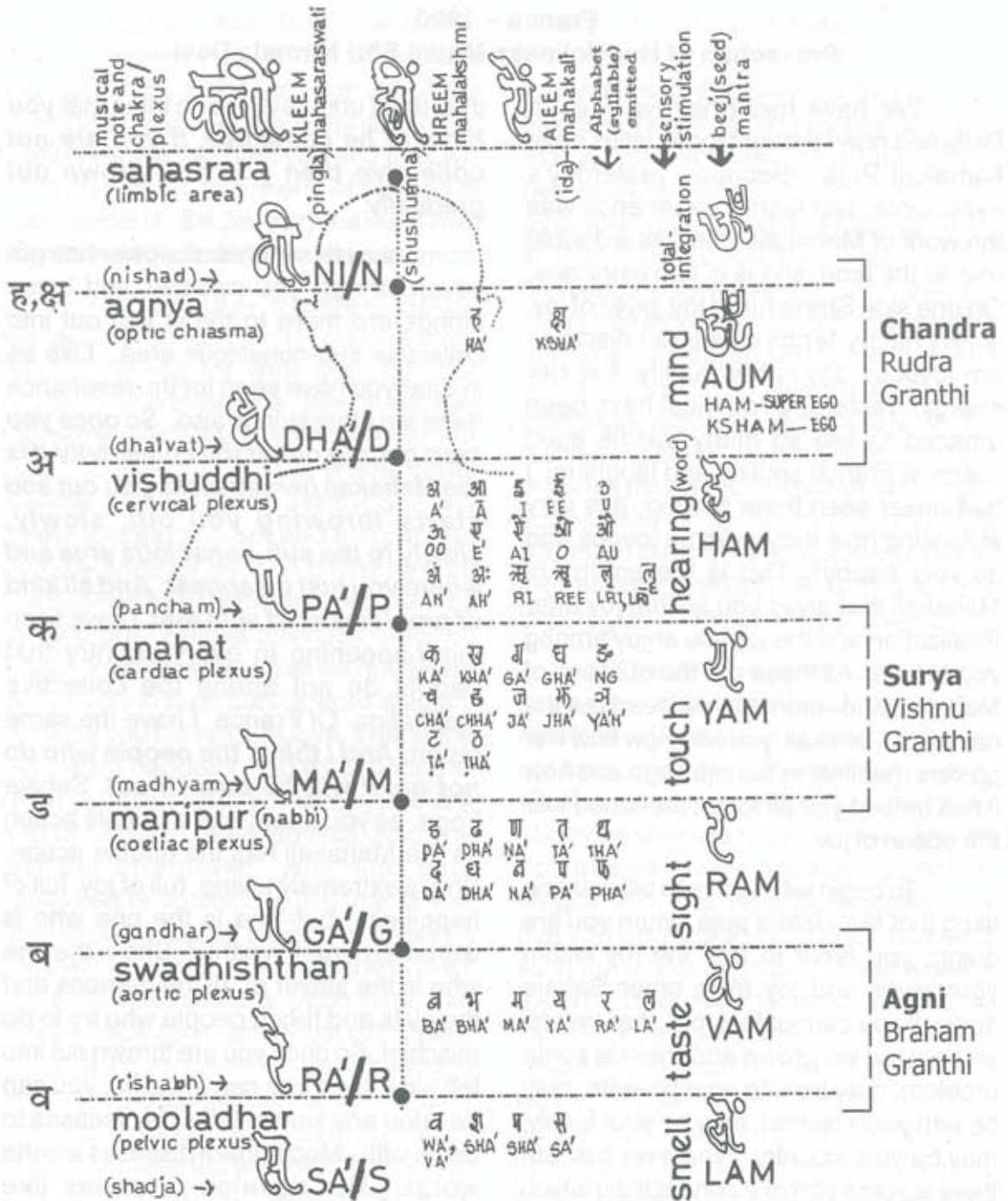
These are all the **Siddhis** that Sahaja Yogis can have".

H.H. Mataji Shri Nirmala Devi

14.10.1978, London



Beej Mantra & Musical Notes on Chakra Plexus



Ref.

- H.H. Shri Mataji, 3 Feb. 1978 delhi; 18 dec 1978 london.
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MAHAKALI PUJA

France – 1990

Pravachan of Her Holiness Mataji Shri Nirmala Devi

We have had Bhairava Puja in Delhi and now I thought today let us have Mahakali Puja. Because yesterday's experience, last night's experience was the work of Mahakali. She has a double role all the time, she is at two extremes. On one side She is full of joy, giver of joy, is very happy, tends to see Her disciples are joyous. Joy is her quality, it is Her energy. Yesterday you must have been amazed to see so many middle aged ladies of France smiling and laughing! I had never seen them smiling. It is very surprising how they were so joyous and so very happy! This is the energy of Mahakali that gives you all that joy after Realization and the joy you enjoy among yourselves. All these are the qualities of Mahakali and when they will read out the names of Mahakali, you will know how Her powers manifest in Sahaja Yoga and how it has helped you all to get drenched into the ocean of joy.

To begin with I have to tell you one thing that Mahakali's puja, when you are doing, you have to feel the joy within yourselves and joy from other Sahaja Yogis. If you cannot feel that, that means you are not yet grown and there is some problem, may be with your parents, may be with your children, may be your family, may be your country. Whatever it is, but there is some sort of a conditioning which is working out that doesn't give you that joy. And to grow into Sahaja Yoga is very important which I think people do not understand; even if they live in Ashrams,

they don't understand one thing that ***you have to be collective. If you are not collective then you are thrown out gradually.***

Now this Mahakali power has got seven strings, you can say, and these strings are there to throw you out into collective sub-conscious area. Like as in Sitar you have seen for the resonance there are other strings also. ***So once you start getting out of the collectivity it is the Mahakali herself picks you out and starts throwing you out, slowly, slowly to the sub-conscious area and where you just disappear. And all kind of problems start with that.*** I have seen this happening in every country that people do not attend the collective meditation. Of France, I have the same report. ***And I think, the people who do not grow will be thrown out.*** Sahaja Yoga, as you know, has a double action as the Mahakali has the double action. She is extremely loving, full of joy, full of happiness, but She is the one who is extremely cruel, wrathful. She is the one who is the slayer of all the demons and the evils and those people who try to do mischief. So once you are thrown out into left side, then you can imagine, you can develop any kind of left side diseases to begin with. Mooladhara diseases are the worst. We develop diseases like Malaitis, you must have heard of the disabilities caused by the muscles getting degenerated. All muscular degeneration comes from this factor. So at any cost

that must be avoided. But if you are not in the collective, if you do not understand the collective, and if you are out of the collective, you will be surprised, that negative forces will join you and they will pull you out. So this is one of the things that happens. ***So be very careful that don't avoid the collective programmes.***

The another problem about Mahakali is that She is the one who gives you the feeling for your wife, for your husband. She is the one. Now there also the same problem. If both of them are alright, She is alright. ***But if She finds anyone of them going astray, She will throw that person out and out and out and the another person if that person is attached to that person also will be thrown out.*** So this business of falling in love, this non-sense that we have here that you fall in love, but the word is alright because you fall really in love. That is the real falling happens. So what happens when you start falling in love, there is a kind of Maya of this Mahakali. And you just get infatuated, your ego gets pampered or something like that or you have certain ideas of a wife or something and then your think, 'O, that's the one for me.' So in these cases only two things can happen; either you can be lost completely because of your wife or your husband whom you adore and admire and you're finished. I mean your personality is finished. Or else the another thing, which is even more serious, is that that you'll completely break forever and hate each other. That's why they say that there's a love and hate relationship. How can love be hate? But it becomes because of this

quality of the Goddess, that She is on one side extremely loving, extremely kind, extremely soft. She goes up to a point and then She throws you on the other side. And that is why in these countries where people always fall in love, they don't marry otherwise, unless and until they are fallen in love. And in that they cross all the maryadas also. In falling in love, they will marry somebody who's already married or who is carrying on with somebody who is not divorced, or also they will have marriages amongst themselves in the same household or something. All kind of things they do. Old woman marrying a young man or an old man marrying a young girl like that, all nonsensical things, without any maryada. And they do not stick together. They have no maryada.

"The Marriage is to create a maryada - maryada of your behaviour. And this is the maryada which if you do not keep, then this Mahakali gets into it. "So first of all, one has to be collective. The ones who are not collective, who do not attend every time a collective programme, you might give suggestions that you would like to come for such and such thing. For example, I have already explained that you should not talk, put my tape; there are so many tapes they have never heard, just let them listen to my tapes, and go into meditation, and then do the Aarti, finish it up. Because these tapes are to be heard again and again. Now those who get any questions out of those tapes can next time discuss it before starting the tape. That is very good thing and that works. In India, nobody speaks. They just put my tapes on or show

my vedio, after that they just have meditation and Aarti. Finished. After that nobody talks. But before starting what they do is to talk to each other and discuss the problems or discuss anything that they felt about the previous programme. Because you have not come here to marry someone or to fall in love into something, you have not come here to get after some woman because she's your wife or some man because he is your husband. You have had so many husbands and wives in previous lives. But you have come here for your ascent. And if you have come for your ascent, you have to keep a watch, how is your mind working. Supposing I say that you should have a good married life, ofcourse I do say, you should have good married life, but not at the cost of losing your ascent. It has happened with people. We have lost a complete, I should say, a city like that, some stupidity comes up overly.

"So be careful not to get lost. You have not come here just to have only a happy married life, but happy married life is just one step. But if that step is taking you away from the real path of your ascent, it's better to be careful."

"Also we must understand the innocence means purity, purity of thought. As I explained yesterday, I hope you understood the meaning of purity. Purity is to be understood much more by the Europeans, very important. Specially French. Because the whole society is suffering. Society can only be pure if the family life is pure, not only that but your

relations with each other are pure. Like I was told that somebody fell in love in Ganpatipule. I mean, you go for a pilgrimage! It is like you have to go to buy a Sari and you end up with a shaving stick. It is that true. You are coming to Ganpatipule for what? You are coming there for your ascent. It is a pilgrimage, but in the pilgrimage, I have never heard, anybody falls in love with each other and goes to marriage.

So this bhoot of falling in love must be given up in Sahaja Yoga. That is one of the biggest loads. And one must understand that purity means chastity. Innocence means chastity - not only physical, also mental chastity. ***You have to have mental chastity. If you don't have mental chastity, you cannot ascend.*** Actually, in the West it is more mental than physical. It is a fact. And that is why their brains have gone out and they are becoming just like potatoes. Because, if you go on mentally imagining and playing around and working it out this way, it's going to be absolutely dangerous because it's all imagination. It has nothing to do with reality. The more you get into this kind of a nonsense, the more you become away from reality. That never means you should be dry, it never means you should be negligent of your responsibility. Does not.....

"As I've said, that the sap in the tree rises, all right? Then it purifies, it nourishes every part of the plant separately in a different way. Like it's a mother, so mother. Father is a father. Sister is a sister. Brother is a brother. The brother-

sister relations cannot become husband-wife relations. How can it be? Now what happens is really is that such a confusion in the mind! And it has created tremendous problems for them. Then the sap nourishes all these things and comes back. It doesn't get attached to something. Oh! She is 'my wife'. So the first priority is my wife. Because I have seen, "Of course, family life has to be all right. You must look after your family. But that doesn't mean that you make everything suffer. That doesn't mean that your ascent should be finished. It cannot be that. You're not like ordinary people. You are saints and for the saints the main thing is their ascent, not their family life, not their material possessions, nothing; nor their children, but their ascent. Once they ascend, everything will ascend with it."

"Now the understanding of chastity should be there. It can come to you very easily if you ascend. It is such a vicious circle! It is such a vicious circle! Now first of all, you get your Realization, all right. Now you must know that Kundalini itself is the Mahakali Shakti because She's the primordial. Mahakali Shakti is the primordial Shakti within us and the Kundalini is Mahakali. And She remains as a virgin within you, which is purity. She has a power to purify. All that happens when you get your Realization. She starts manifesting Her all-beautiful aspects on you.

"Now, the one who is sitting there is Shri Ganesha. Now people don't understand what is innocence. Shri Ganesha is sitting there and He is the one who resides over Mooladhara, even over

His mother because He's like a guard. And He's the one who tells whether She can ascend or not. Unless and until He gives permission, She cannot ascend. So Shri Ganesha gives, ascending sort of OK, alright you can go ahead. And he stops all His work. You have seen Me sitting for hours together, I don't have to go even to the bathroom or anywhere because Ganesha stops everything. He's only worried now about the ascent. And on every chakra He checks your purity and then, accordingly, the Kundalini tries to purify it. But when it reaches the mental level, mental level has all these funny ideas of romance, this nonsense, that nonsense. I was surprised, the other day, there was a girl who was having trouble with her husband, of expressing her love to her husband, after marriage. Before marriage she was alright. So I told her, read some book where they have described the romance between husband and wife. But she said there is no such book available. Then I asked a professor to find out. He said there is no such book.

"In Sahaja Yoga the romance starts after the marriage, but also with maryadas, not at the cost of Sahaja Yoga, not at the cost of your ascent. So all these ideas people have in the west, I know you are so much conditioned about it. So they say, let us see, this is Samyachara, after all. You have to give all the benefit to that. Now we select people who do everything. It is all the work of Mahakali because you have to work on the vibrations, it is all the work of Mahakali. And after marriage also some marriages do fail. The reason being they do not know what is the purpose of

their marriage is.

"So the first and foremost thing of Mahakali is that She is 'purity, absolute purity'. And that purity, if we cannot imbibe within us, we cannot be Sahaja Yogis. "Now this mind is so much conditioned, I know. Our children would be much better off than ourselves. They won't have these conditionings, as we have had. "And so many problems can be just avoided if you really become pure people. I have seen in the other societies, which I have known, no body seems to be safe. Somebody's wife is running with somebody's husband and somebody's daughter is running with somebody's father, a boy is running with somebody's mother! Next day you find somebody else standing there. or sometimes it is as husband and wife! So funny that you can't believe it, how can it be! And everybody is in danger! The man goes to the house and finds his wife has run away with another man! Or a man goes for his work and he runs away with another women! So she is the one who gives you sthiti, the state. Sthiti means 'consolidation.

"Without your proper consolidation, into your purity, not into your romantic life, you cannot rise. Like when we make the aeroplane, first we have to consolidate it, fix it up properly, work it out, so that when it goes in the air, all its parts do not fly away with the passengers. In the same way when we are ascending, Shri Ganesha does that. He just stops the action of excretion completely and the ascent starts.

They are (The deities) doing their

work all right, despite the fact that they've been insulted, they've been neglected, we have misbehaved. Whatever we might have done, they are doing their jobs all right. You can see it - so many people getting Realization. But what are we doing about it? We cannot be even collective! We cannot attend collective things. I look at them, how generous they are! They're extremely collective, they are extremely collective, to such an extent that if somebody, supposing, worships Shri Krishna, his heart will catch. Why? Because you must also worship Shiva. They are so collective and so much connected with Me.

"So they are all collective. In the same way, you are also Devas, you also should be collective. As soon as you become collective, all these nonsensical things will drop out. All these ideas will drop out. You do not become collective because you have not dropped out all these things, or else you're afraid of dropping them out.

"So let us know what is our purpose is. Our purpose is to ascend. And what is the Mahakali power is doing for us? She's giving you your ascent-through Kundalini. She is purifying. She's giving you all the powers. She is protecting you all the time. She is giving you joy. But what are we doing for Her? Her only, only desire is that My children should be saintly, that they should have beautiful qualities of a saint, that he doesn't fall at every woman, fall at every man. He's not so cheap, you see. And

mentally specially...

"I mean, if the Sahasrara is spoiled, how can Sahaja Yoga work out? The whole play is of the Sahasrara and that purity should manifest. Through you, we are going to change the world, through no one else. It is the Sahaja Yogis who are going to change the world.

"Now look at the generosity. Even My body is so generous"! Yesterday one lady came and she had terribly bad liver. She came down stairs and my liver started pumping vibrations! Terrible! She had a very bad liver problem. She had taken drugs and all the suffering was done to me by this liver of mine. It didn't think that O, Mother she has come all the way, it started just pumping for that woman. It is so generous! And they are so generous themselves, the way they bestow blessings on you. How they are hard working, how they're running about! What are we giving them? They give us joy. They look after us. They look after our children. They look after everything. They manage everything. Now what are we doing for them?"

Also I have heard that people don't help in postering, very few people come up. "This is being ungrateful, very ungrateful." All the deities are present when you are having those collective programmes. And surprisingly the old Sahaja yogis are more difficult than the new ones! I mean this is just surprising. I mean are they coming now, out of date or something? Christ has said, 'First will be the last'. I hope that is not going to happen.

Sort of a confidence they develop. 'O, we are old Sahaja Yogis! We have had horrible results in London, of this consciousness that we are old, we will do whatever we like. We may attend the collective or not. A kind of an ego! Please be careful. Christ has clearly said, 'First will be the last'. And I have seen so many of them just getting out like that! Even I do not know how they get out! In such stupid way that I cannot even imagine for anyone! Like one gentleman, in Italy, was a known Sahaja yogi just got caught up and said, 'I am Mahamataji. Everybody started looking at him! What do you mean, I am Mahamataji? And I am going to do all that myself. They said, it's alright, so we are all going out of Ashram. No, no, no, I cannot manage the ashram. I am getting out. And he went and stayed with someone, that lady who heard against Me, got cancer and died.

"In the collectivity, supposing you have one problem, another one has some problem, it just works out, balances. As one finger is cut out, it is useless. Or a nail which is taken out is useless. It dies.

So that is how we are organizing our spiritual death and, ultimately, I don't know what else! And then they come back and say Mother I have got this trouble, so I have come back. I was out of Sahaja yoga for three years. I say what do you mean by out of Sahaja Yoga? I did not attend any collective programme.

"I am thinking of the collectivity of the whole world. That's My vision. And if Sahaja Yogis cannot be collective, who

is going to be collective? Who is going to fulfill My vision?

"So all of you, those who call themselves Sahaja Yogis, must attend the programmes. And the second thing is that there was a little problem of generosity of people. "Of course, that's also a character of Mahalakshmi. ***She's very generous and when you are generous in giving vibrations and looking after people, this and that,*** then Mahalakshmi's principle works out. Those who are not generous, they can never enjoy. So if there is need, people have to give money to Sahaja Yoga. I have been supplying lot of money, as you know, from the very beginning. Those who are early Sahaja Yogis know how much I have been able to pay. But now we are growing and everybody should know that we have to pay. After all it is our responsibility.

"Where are we going to spend our money, in what? My family feels that whatever money I'm spending for Sahaja Yoga is the best. They get punyas. ***It is the best for them. Only with punyas, you get more wealth, health and prosperity. If you do not have punyas, you cannot get it. It will come and go away. It will disappear into thin air.*** So I was surprised that people are not generous!

"We have to know that we are so much better off people than many others are. We have to think, 'Can we send something to them as presents. Can we do something for them?' The matter has the value, which is again Mahakali's power. It is the power of Mahakali that

the matter carries the love, expresses. So many times I have seen how very sweetly they gave me something. I really do not ask anything and need anything. Certain things show such concern, such understanding, such love. "How will you express your love to those people who are so far away? We just try, try to give, try to give for Sahaja Yoga also and you will be amazed how it will work out. For collectivity, we have to know and see for Bhairavnath and Shri Hanumana and Shri Ganesha; these three principles that work within us, all of them have parallel work to do, parallel. They do not interfere for each other. But, if it comes to help, they'll go all out. There's no quarrel, no quarrel with each other, no. If Hanuman needs Bhairava, He's there, if Bhairava needs Hanumana, He's there - all out! "So this collectivity comes only by understanding one thing - what a great work we are doing today! People are not conscious of that. They take it just by the way. In the war, you have seen how people fight, even if they have the fear of dying. Formerly, nobody was paid also in the military, but they went and fought, maybe for their country, for anything. And they used to join together to fight. They allowed themselves to be killed. They helped each other. They did this. All these qualities are there when we want to hate someone! But when we want to love someone, why shouldn't we have those qualities emerging out of us?

"These are the qualities of Mahakali because She's the expert of war affairs. She is the one who makes people work and She's the one who makes them fight because it's the desire. They have

nothing there, just a desire to do something and then they join together and then the Mahasaraswati helps them to act. ***But first the desire has to be strong. Now the desire has to be very, very strong within us that we have to be for the emancipation of the whole world. We are the people. We are the special people. We are in the foundation. Nothing is more important than our own personality being completely dedicated for Sahaja Yoga.***

This desire has to be extremely strong and very pure. Those [who] actually desire it - actually, they get their Realization like that. They reach their depth like that. And they enjoy doing the work of Sahaja Yoga. All the time they enjoy it. For them, nothing else is more important. There's a saying that, 'When you get water of Ganges to drink, why should you take water from dirty rivers?'

So the whole attention is that side. All the joy you get out of this romance and this love and this and that becomes zero before it. Because it's Nirananda, only joy. In the marriage etc. all this is so conditioning, any joy. You have different joys on different centers. They are all given by Mahakali, but the greatest of all you have got after Realization is the Nirananda. That state you must reach, to 'Nirananda State'. If you are in that state of Nirananda, then all other pleasures and joys are zero. There are so many people who told me they were very fond of cricket. They said, Mother, nowadays we do not see cricket' I said 'why'? 'Because

enjoyment is not there now, that enjoyment is lost.' Otherwise Indians are mad after cricket'. Even in the forest if you go, they will be listening to the cricket. It is a game played by the English, who are not so much interested but Indians are! Now if you ask them, they say, 'No, we are not interested.' So many people who used to read seven eight newspapers, say we never read newspapers, never read news, finished. I have seen there are many; because the whole focus of your attention is now on Sahaja Yoga because you only enjoy Sahaja Yoga. You like to be Sahaja Yogis, you have to be with Sahaja Yogis. We had a puja in India. It was really quite a vibrant puja of Shri Ganesha. But nobody was bothered. It started pouring down through the Pandal. They had put up, but no body was bothered. All right water has come, let the water pass this way, that way. Everybody adjusted, because first thing was to enjoy. They didn't want to give up joy at any cost. And it continued, the whole night! One was worried because somebody said that the police will come. I made the police sleep also and the man who was to report was also sleeping. So the whole night we enjoyed all.

Now this enjoyment cannot come to you if you do not have purity of your mind. Nirananda. You can get other anand, of other other things, other chakras. ***How to bring the purity? Just by developing thoughtless awareness and looking at things without thinking. For that, you have to be collective. If you are collective, I am there. Wherever you are collective, wherever***

you gather, I am there. And nothing gives Me greater pleasure [than] to hear that all of you are attending these programmes. You will be amazed that in Australia we have so many centres in every city, but they all attend the programme of collective, because they know collectivity is the ocean of nourishment. This is the simplest thing you have to do, but the bhoots are much more collective. Bhoots can go to such a length of fraternity that you will be amazed. There was a lady in France. She was an old lady and her daughter was in Sahaja Yoga. She had become absolutely mad, so she put her in the elderly home. She was absolutely bhootish. In the elderly home she only knew how to go to church on Sundays. She will dress up and go to church. That was only sensibility she had (She was put in elderly home). Her daughter told me that it was very amazing that all of them get up in the morning, dress up and go to church. Inside the Church there are graves of the people who have died, out of those who are half mad or full mad elderly people. Otherwise they will not know how to wear their dresses! They did not know how to eat their food, they did not know anything. But when it came to going to the Church, to that Bhootish place, where all the bhoots were there, they all will get up in the morning, dress up properly and go to the church, sit down, sing hymns and came back, as if like possession. Such a fraternity of bhoots there is! As soon as one bhoot comes in; one bhoot came now, recently from Australia, now he is gathering all the bhoots around him. He went to

Pune, there he gathered all the bhoots, immediately. Then he came here and he is gathering all the bhoots. People are getting friendly with him, exactly who are bhoots you can make it out by just seeing a bhoot sitting there and who is sitting next to that person. They are so attracted, like a magnet! But the Magnet is the quality of Mahakali.

“Bhoots know Me better than anybody else can know because they know My past. They are in the past and they know who has got bhoots and how they attract each other, and how they act on a bhootish person. That is why the positive collectivity has to be there. But when it comes to positivity, they do not get collective. **All those who do not get collective will gradually go into the fraternity of bhoots.** Because today we are talking about the Mahakali, She is the one who knows everything about these bhootish things. She's in charge, I mean. She's the lord of all these bhoots and She knows and She looks after them and She manages them. But when a Sahaja Yogi wants to go into that realm, what has She to do? She has locked them up on one side, but if Sahaja Yogis want to go there, just enter through back doors into that area, what can you do? Of course, She protects. She doesn't want anyone to go there. She's just kept them out, and told the bhoots not to come this side. But Sahaja Yogis only go there. That is being reported.

Under these circumstances, Sahaja Yoga has gone very far, very much, in so many other countries. In France you

saw yesterday how this Anand Shakti of the Mother acted on people. That's wonderful to see that. Everybody came to Me and they were full of smiles. I have never never seen any French woman of that age smiling! Never. No question, even if you tickle them, even if you certify that there is a joke, they will not smile at that. I have never seen their teeth. Yesterday their whole face was lit up. So many of them, something so miraculous happened! This Anand giving Shakti, the Mahakali was acting so beautifully! "And you are the people who will now guide or misguide them. If you become, all of you become, higher personalities, if you become collective, all of you, and if you become generous and if you become

absolutely pure, they will say, 'Now look at these people, how beautiful they look!' You already look very beautiful. Your faces shine, but it will all disappear and the effects of disappearance are not very simple.

"So be careful. I, of course, bless you with all the qualities of Bhairava, as he is the greatest disciple of Mahakali. And he's the one who is running up and down, morning till evening, every time, specially in the night, he is working so very hard, killing those horrible Rakshasa, this, that and achieving such results! We have to join him, all of us and work it out.

**"May God bless you."
(Checked with Audio)**





Navratri Puja, Australia-2007



सहजयोग केन्द्र बड़ीच-जनापद (बागपत), ३०५०
में पूजा के उपसंकेत लिया गया फोटो



Now, we have to understand that we are carrying the light in our hands. And the light should not shake; we have to hold the light tight. And we should have a concentrated attention towards the maintenance of the light. And then to tell yourself that we have to see not just to understand mentally is to be actually aware.

Because you are complete otherwise you are part and parcel of the whole you are! But the only thing is that you have not yet seen that. You have mentally accepted, but you have not become that, because mental projection comes from thought. That means you are at the level of the thought.

You have to become thoughtless. But if you live on the basis of thought, you are still below the Agnya chakra. So all the thought waves must be stopped to begin with and you should say that alright let us see now.

H.H. Shri Mataji