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Yuvadrishi

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“Yuva Shakti are first class, because they are very innocent. Yuvashakti are strong and solid Sahaja Yogis. The Yuvashakti are the best. They are deep.”

H.H. Shri Mataji Nirmala Devi, 28 May 07, Cabella

NSYS LENS

Shri Mataji with children



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YUVADRISHTI

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NIRMAL VANI

LETHARGY, MOST ANTI-GOD

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

Lethargy is something we have to overcome somehow and this lethargy is a, actually a satanic force. It's not lethargy only of the matter that comes from material domination on the Spirit, but it is really satanic because it stops your progress and is to be avoided. And to get out of it one has to be really alert about it, how it crawls onto you (2).

It (Sloth or Laziness) is the curse of the Sahaja Yoga also. Sloth is something, is like a devil that can keep you very much glued to your own positions and will not allow you to move out. For example in the morning you get up and you think that "Oh, it's alright, what's the need to get up early in the morning? There is no need to do any meditation. I'll do it tomorrow". Otherwise you start thinking that "It can be done after a month, doesn't matter, Mataji is here and everything will be alright". But you must know that there are so many imperfections within you, and if you do no meditate now, seriously, take it up as a very serious thing, you may lag behind so much that you may be dropped out.



Meditation is very important after Sahaja Yoga. You have slept and slept all your life. Sleeping is not so important. You have to today promise Me that, from tomorrow, you all are going to get up in the morning and meditate. I was suggesting that if you take your baths in the morning would be better, so that you won't have your sleepy condition. Sloth is such a devious thing that you do not see it. It explains everything. If you say "Oh I am sick" it will say "Oh you are so sick you should go to the hospital". If you say "I'm tired" it will say "You are extremely tired". Why should you be so tired? It is nothing but your Sloth is telling you that "You are extremely tired, you better not do meditation now you are extremely tired. You better take some rest, is important".

Sloth is worse than super-ego and ego. Is a kind of an inertia which pulls you down, and that inertia you have to

really throw away and get out of it. Because it explains everything, you like it, because it gives you little comfort, and you want to rely on your Sloth. But Krishna has said in Gita, that Sloth is the worst thing that can happen to human beings. If they take to Sloth, if they accept Sloth, they will have all explanations for being Slothful. (1)

Krishna has put, the worst vice in the whole world is 'aalasya', means lethargy. 'Aalasyo Bijayate' everything comes out of aalasya. According to Him, first thing lethargy comes in and because of lethargy we get into vices and then we go to the right side also because of lethargy. Because just to avoid the lethargy we go to the right side too much. So according to Him everything start with lethargy and then the person loses the essence of life through lethargy and this is our special quality and that is our real problem is the lethargy.

Because Sahaja Yoga is a thing where we say there is 'akriya'. We don't have to do anything. It is effortless. Everything works out effortlessly, spontaneously. So we think that everything is

going to work out for us spontaneously. Only the Kundalini Jagruti is spontaneous for the first time, not for the second time, only for the first time. That is I have to do it or My photograph has to do it but afterwards you have to work, you have to keep your Kundalini afloat. You have to understand what are your problems, what are you getting into. I mean, individually everyone of you is a masterpiece, individually. Because of lethargy you are clouded.

Secondly because of lethargy you are secluded, lethargy gives you also ego. Because anything that challenges lethargy you get on top of that person, you don't like such a person but the lethargy. Also those do not have, are the people, their attention is on spiritual development. Theirs is, as I told you yesterday, on other things, which are not important to spiritual life. (2)

You may think that, "You see I'm not well now" or anything, Sloth can give you any ideas. Because I don't have that so I don't know what ideas it gives you. But it can give you any kind of idea that would be very, very appealing to you. Because it knows how to please your ego. Sloth is an ego-satisfying thing, ego-pampering stuff, and it make you feel that "Oh you are very tired". What are you tired about? You are all young people, why should you be tired? You get tired so soon, is nothing but your Mr. Sloth telling you, you are tired. You will be surprised, after feeling tired, you run for two miles, you can run.

Now why Sloth works on Sahaja Yoga so adversely? Why Sloth works out against Sahaja Yoga so much? The reason is, because we are not yet identified with our wellbeing. We do not think that "We have to be better, we have to improve, we have to go further, there's a big gap, we have to do it". We are not identified with our progress. Supposing if I tell you, that if you run two miles, every day in the morning you will get a beauty prize. 99.9% of people, of women would be running early in the morning. Supposing if somebody tells men that you will get Mr. Universe if you run every day five miles in the morning there will be, I don't know, 99.999% people may be running like that. Because we are identified with that kind of a competition which is very materialistic, which is of no value. But when you give up even that competition you fall into another competition where everybody is competing with each other in Sloth. They will get up in the morning, see around, "Now, Mr. A's still sleeping, alright, let me sleep". So Mr. A will think "He's still sleeping, let me sleep". So there is a big competition on as to who is going to wake up first, who is going to do this. And if somebody gets up then one starts finding faults that "He got up but what? He was just taking tea" or "He was talking". What about you? You were still in bed! At least he got up, was talking, doesn't matter. But he was kicking, what about you who was still slumbering in the bed?

Now it's such a childlike thing, I mean, it's such a childish thing to talk about with such intellectuals as you are, such well read and such well posted people. That doesn't behove Me, a Mother of such great people, to talk like this, but sometimes I find My Sahaja Yogis are like two year old children, and then I have to tell them that "Now you are grown up". You see, you can explain it but how are you going to explain yourself? Because if you have to grow, if you want your tree to grow, you must change your priorities and your identifications. If you have to be a first class Sahaja Yogi, you have to put your attention to it. I do not know how to fix it up. Supposing we fix it up like this, it's

very childish but I have to tell you because I have seen this is the problem, that "The day I don't get up, I'll have to pay 10 pence (Rs 8)", let's keep it like that. If you are getting much more pay then put it at 10 pounds (Rs 800). But something like that. Or you can say that "That day I'll give up one sweater of mine". Start it like that. It's very easy. People will say that "No Mother, when I meditate, you know, something goes wrong with me" - means you are wrong, there's something wrong with you. So you better sit down and meditate.



Now, I must say, if you do not meditate, you are very selfish. That's the main point is. Because when you come here, scorpions come out of you to bite My feet. There are snakes coming out of you to bite My feet. Do you want to do that to Me? Or else to others also.

Every time if you are catching, every time you meet Me you are catching, then how are you going to feel the Kundalini? You must know how the Kundalini moves within yourself. Say, where it is, how far it has gone. You know that Sahaja Yoga is the only way, is the only method that Divine Grace has given you, by which you are going to transform the whole world, and lazy lumps how can they help Sahaja Yoga? (1)

The body of a human being is a temple of God. But this temple has to be enlightened and has to be auspicious. You have to clear and clean your being completely so it's a beautiful temple for God to reside. But we deceive ourselves you see. When I am talking you listen to Me and you think that 'O Mother talked very sweetly beautifully', finished. But nothing goes inside. Why? Because of lethargy. Lethargy is a thing, which is a barrier it doesn't allow Me to go inside you. It's a barrier. It's very sweet thing, which smiles, just you see thinking, "O Mother is saying something nice". It's very great, it gives you happiness and all that but it doesn't go inside, you do not imbibe. And, that's why try to put your attention to yourself and feel your dignity and honor. Feel your presence that you have to have a presence and when I tell to some people they'll say, "I know, Mother, I know I do that". Then why do you do it? That means you are possessed. You are a possessed person. That you know this is wrong, still you are doing it. Then you are a possessed person. Then it's better you beat yourself with shoes. But that stage should go now. I don't like you to beat yourself with shoes, I mean are you that that level? But the level is such still.

Who is going to save this country? You people. So again and again it is against lethargy and whatever is lethargy is

anti Christ, is anti God, is anti Mataji. Try to become cheerful and blissful, happy, dignified, sensible, sweet. It's not too many things, very few, it's only one and I know we are going to enjoy life very much. You are going to be very happy people. (2)

Problems will be solved in no time. You don't have to sit down and contemplate and worry: how will you solve your problem? It will be solved. But what cannot be solved is the habits you have developed, habits of lethargy. I can understand in London if the people are lethargic, but they are not. They have become extremely, extremely hardworking, active, and also dedicated. How they have achieved it? Only by knowing that this dedication brings forth all the cleansing, and all the powers. Now, supposing this instrument is not clean. You won't be able to even hear Me, it is useless. So our instrument has to be perfect to manifest Sahaja Yoga. If it is not, all the defects can have double effects; like, first it will affect you, you can never feel the full advantage of Sahaja Yoga, and secondly it will affect the people who will meet you, and gradually they'll find out there's something wrong with you. "Some sort of a subdued madness", they'll say, "this Sahaja Yoga is, because I don't find anything great about this man. He's halfway here and halfway there." (3)

Laziness is the worst thing, today, I know today is not a day to say all these things, but you all have to promise to Me that you are going to give up your laziness - *Swaaha*. (1)

References:

- (1) 1980-0323: Guarding against slothfulness, Birthday Puja, London.
- (2) 1980-0927: Lethargy Most Anti God, Chelsham Road, London.
- (3) 1991-0406: Shri Bhavasagara Puja, Brisbane.



SHABDAWALI

Can you tell which Nirmal Tattwa words are explained below by Shri Mataji

1. A _____: Means 'one personality' completely integrated, where you become one with the whole ocean the drop becomes the ocean all the powers of ocean are there for the drop.
2. A _____ - D _____: Name of Shri Radha, - meaning the giver of pure joy. Joy here just not means mere joy but bubbling of joy. This power has to come within us, which means when we meet another person in collectivity the other person should feel happy with you.
3. A _____: Means beyond; the state that is to be achieved if you are to become the Guru, where you go beyond, where you do what is to be done without paying attention to it.
4. A _____: A very high quality yogi, a powerful, highly evolved realized soul who is a Master and who has gone beyond all human destructive habits
5. B _____: A state which is only possible if you have faith in God Almighty and in yourself as the messenger of God.
6. B _____: An ocean in which there is no rationality, only hunger, firstly for food, and for primitive things, then for sex life, for women, for men, then for power, for money and ultimately for spiritual satisfaction.
7. B _____: Means confusion, delusion. This is a delusion that the Mother has given to us, for us to find out that we are in the wrong.
8. B _____ - M _____: The sounds made by the Kundalini, when She rises and passes through the different chakras; the basis of the Devanagari language, used by the Devas.
9. B _____: It is all pervading power of God's Love, The Cosmic Consciousness. It is Absolute and cannot be compared.
10. D _____: The Sanskrit name given both to birds and realized souls. One who has known Brahma, is self realized, is genuinely twice born.

Answers on Page 8

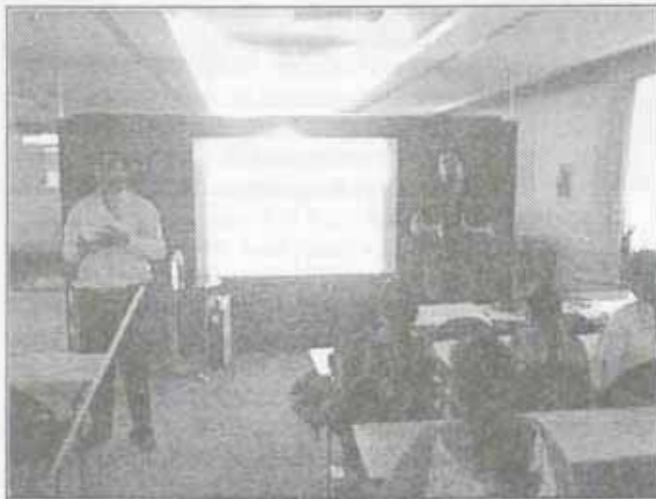
CORPORATE REALIZATION

(A Workshop on Stress Management and Personality Development)

Corporate Realization is a reality today. A large number of companies are taking to Sahaja Yoga through 3-day Stress Management Workshops held in companies across India.

The corporate sector, as we know, is under tremendous stress, because of the exclusive importance given to money-making. It results in various kinds of diseases like Diabetes, High Blood Pressure, Hypertension, Asthma and early burn-outs. It encourages various kinds of addictive habits like smoking, drinking, and even substance abuse as an escape from the stress and strain of everyday life. Recently there has been an alarming increase in the number of employees resorting to suicidal attempts due to the frustrating rat-race prevailing in the modern corporate sector.

In such gloomy circumstances, Sahaja Yoga has shown light and hope to numerous people in the Corporate World. Till date, various companies like IBM, Oracle, Infosys, Wipro, Satyam, Nokia, Reliance, Accenture etc have benefited from the Stress Management Workshops



conducted by the Sahaja Yogis. There is a group of dedicated Sahaja Yogis (mostly yuvashaktis) in all the major Indian cities (Bangalore, Hyderabad, Delhi-NCR, Pune, Bombay, Chennai), who have taken the responsibility of spreading the great message of our Divine Mother to all the Corporate employees throughout India. These days since most of the Yuvashaktis are working in the corporate sector, hence spreading Sahaja in Corporate is actually helping us, because it will make our workplace surrounded by the Divine Vibrations, and hence will be more conducive to our Sahaja culture.

The modus operandi of conducting a Sahaja program

The HR of a company is contacted and a detailed e-mail is

sent to him regarding the objective and a brief schedule of the workshop. It is then followed up by contacting them through phone or visiting them in person, and explaining to them in detail about Sahaja Yoga. If they are positive, the date and time is decided for the workshop.

Recently, NITL has come up with a CD called 'Nirma! Gyan' (Part I & II), which has been instrumental in making these programs huge success. There is a Stress Management movie, which is usually played to inaugurate the workshop. It is followed by a presentation detailing the stress impact on our lives, how Sahaja can overcome it, the subtle system and some modern research substantiating the veracity and effectiveness of



Sahaja techniques in managing stress. This is followed by a Self-Realization session. At the beginning of the session itself, we take the feedback of the participants pertaining to their reason of interest in the program, their expectations from the program, their physical/mental health and also their exposure to any meditative techniques earlier.

On the second day, we usually tell them about the raising of the Kundalini, taking bandhan and the balancing technique. This is followed by meditation. On the third day, we introduce them to a few cleansing techniques like foot-soaking and ice pack. Also, a brief introduction to the qualities of the charkas, the causes of catches etc is given. This is followed by meditation on each charka accompanied with the raga associated with the respective charka.

At the end of the third session, we again take the feedback of the participants regarding their experience during the workshop (feeling of cool breeze, heat, tingling, relaxation, thoughtlessness etc), the experimental nature of the workshop and the ease of practice of the meditative technique, their keenness in continuing with Sahaja meditation in future and whether the workshop has met their requirements or not.

Some of the benefits experienced by the participants are as follows:

- Improves Mental, Physical & emotional Health
- Establishes Peace, Joy & Satisfaction within
- Better Work-Life Balance
- Improved Inter-personal relations
- Optimized Productivity
- Attitude becomes less Cynical & more Constructive
- Deals effectively with Pressure situations

Some companies are even keen to have regular weekly meditation, and we have had weekly Sahaja Yoga meditation in few companies. The challenge now is to be more vigorous in following up with the participants of these programs so that most of them get established in

Sahaja, and also explore the possibility of conducting such workshops on a global scale.

And, as with any Sahaja spreading activity, Shri Mataji's blessings are very much there on these workshops, as can be evidenced by the tremendous flow of the Divine Cool Breeze during these workshops. So, let us all pray to Shri Mataji to give us the strength and the opportunity to spread Sahaja to all the corporate of the world, so that Corporate world is managed by the Self-Realized souls, and is driven by the soothing fire of the Kundalini and the enlightened vision of the Spirit.

For any further detail or assistance on corporate realization please contact - corporateworkshops@sahajayoga.org.in

Use your Vibrations

Vibrations are said to be the source of true knowledge. Answer these questions with your vibrations ONLY.

The Questions:

1. Which chakra has the quality of self-faith?

Left Vishuddhi
Left Heart
Centre Heart

2. Our which chakras catch if we are stubborn in our nature?

Left Mooladhar and Right Swadhishthan
Left Nabhi and Right Swadhishthan
Left Nabhi and Right Mooladhar

3. Which chakra is the origin of the thoughts?

Right Nabhi
Right Swadhishthan
Right Agnya

4. Weakening of which chakra, makes us loose confidence while talking about Sahaja Yoga and Shri Mataji?

Centre Heart
Left Vishuddhi
Centre Agnya

5. Managerial skills of a person are given to us by which chakras?

Right Swadhishthan and Left Heart
Right Heart and Centre Vishuddhi
Centre Heart and Back Agnya

6. According to Puranas, Shri Adi Guru Dattatreya worshipped along the bank of a River, what is modern days name of that river?

Volga (Russia)
Thames (England)
Barbera (Cabella)
Narmada (India)

7. What does Descent of Shri Ganga from heaven to earth represents?

Descent of Kriya Shakti
Descent of Love & Compassion
Descent of Shuddh Iccha
Descent of Resurrection

8. Which of the following bhajans did Shri Mataji used to sing very often during Her childhood days:

Jogwa
Bhay Kaaya tayaa
Namo Namo Mariya
Gondhari

9. Which chakra to cure if you feeling very impatient?

Left Void
Left Heart
Left Vishuddhi

10. Find out which chakra does following cities signify for India?

Delhi
Mumbai
Kolkatta
Pune

EXPRESSIONS OF HEART

The Mother's Kingdom

O Mother, please sit back and rest
As we spread Your Divine Love with a warrior's zest.
You have written on our hands our destiny,
Now the world shall dance to Your Divine Symphony.

Into Thy Kingdom You have let us transcend,
so that in the Divine Ocean of Love we all may blend.
Come and go the trials and tribulations,
There's no stopping the Eternal Jubilations.

So with the patience we all watch and wait,
And witness how the things culminate.

Mohit Deopujari

A New Beginning

O Lord, thank you for a new beginning.
Many lives have blissful motive,
silence abound, man becomes an angel
The Flute of Shri Krishna plays,
makes the light rise within.

O Lord, thank you for a new beginning
Mahalaxmi's son Mahavishnu, Shri Christ
Call him forgiveness or new light,
He made us eligible to reach Kailash's height.

O Lord what a new beginning...
Mother's energy, the love infinite
You made us meet the father in paradise
All this achieved gives a new view to life,
Together we feel bliss and joy,
the almighty realm and all so divine,
Silence has come we all unite
Peaceful we are in your love infinite

O Lord it is just a beginning,
Now we pray that everyday,
The beginning comes for all new sage,
Hence we play with colours of vibrations you spray,
Under this umbrella oh! Mother we all pray,
That Infinite we all become and in our hearts
Forever you stay....

- Shridevi Angurala, New Delhi.

Transformation

I'm a cry from the inner myths,
I'm a volcano of thoughts,
I make myself a dusty art,
Even here, I'm so far and apart.

Embracing a life of illusion,
I make inroads for cultivation,
Cultivation leading to pleasure,
And pleasure that I desire.

Pleasure, O pleasure, give me a break,
I found a light, which is a snake,
Snake, which makes me awake,
Of love and life that all pervade.

Conquered is my heart,
I believe I have a part,
In this sea of art,
Which is inside and smart.

A want to grow, and a want to embrace,
I witness you, so close, your grace,
Living, it has to be, so lovely, so pure,
A love of a Mother, that's for sure.

Nothing is that, I want,
Nothing is there, I can't and shan't,
A stream of light and a snow of glow,
O God, now I know, it's you, where I flow.

Who was I and where was I heading,
Fighting and crying, sleeping and wasting,
Here I am, and will be here for ever,
In the silence of your holy, divine endeavor.

In the silence of your holy, divine endeavor.

Hitesh Nidhi Sharma,
Kathmandu, Nepal

Answers to Shabdanjali

Advait, Ahlad-dayini, Atit, Avadhoot, Bhakti,
Bhavasagar, Bhranti, Bija-Mantras, Brahm, Dwij

YUVASHAKTI REPORTER

Uttarakhand Yuva Shakti Seminar

Bhimtal, Saturday, 24 Feb'07: Uttarakhand Yuva Shakti collective had a unique Seminar cum workshop on 24th February 2007 at Col. V Tewari's (Uttarakhand Coordinator) residence premises amidst the greeneries of Kumaon ranges in Bhimtal (Nainital). Yuva Shaktis were mainly from Almora, Bhimtal, Nainital, Kathgodam, Pantnagar and Kashipur collectivity of Kumaon region. There were around 50-60 Yuva Shaktis who had assembled to attend this one day workshop.

The topics in the Seminar mainly were focused on the essence and knowledge of the subtle system and the Tattwa. It was so engrossing that everyone intangibly felt as if the entire collectivity was literally touring through the visual path of the Ida, Pingala and Sushumna along with their gross expression of plexuses within. There were some interesting revealing facts where one could realize as to why and how the respective colours of the Nadis and Chakras are governed by our inner emotions and actions etc (ida, pingala). Then the topic covered aspects on cleansing of all the three channels. These were metaphorically related and demonstrated with practical knowledge of our day to day life styles.

In an interactive discussion on Protocol and Ritualism there was an emphasis on why we should not indulge into much of ritualism and its pros and cons in our ascent. To make the collective understand the fact that how Shri Ganesha spares none those who dives into the realms of ritualism departing from the Nirmal Vidya, a beautiful example with metaphor through a story was narrated - The traffic police hauls up who tries to act funny and becomes a bit nuisance as they drive honking their horns unnecessarily through out creating troubles for himself and also for others on way. Similarly in our journey of spiritual ascent Shri Ganesha looks after us like a cop.

Then there were many subjects and subtle aspects that were covered like the inherent dangers of transgressing protocols of Brotherhood and Sisterhood and Marriage protocols in Yuvas. So the protocol is to be maintained with wife and sister distinction or brother-sister relationship especially after coming into Sahaja Yoga as we become realized souls to understand this aspect from inside. The maryadas have been distinctly defined and they are to be respected.

Basic knowledge on Shri Mataji and Her advent on Earth, as to say who is Shri Mataji and how "Yuva Shakti" was christened (by Mother in 1987); basic aspects of protocol expected from Yuva Shakti; contribution of Shri Mataji and Her family in the freedom struggle and Her respect for the country; Shri Mataji's association with Gandhiji and the

sacrifices; some history and genesis of Sahaja Yoga; Knowledge on subtle system, as to how our Chakras work (or even how much do they tolerate our nuisance) and balancing our channels; what books/magazines to read -



like Chaitanya Lahiri/Divine Cool Breeze (The Vedas for Sahaja Yogis) or the Yuva magazine - Yuvadrishti that caters to the Sahaja Yogis and also shared the information on the world wide Sahaja websites. Subtle knowledge on the manifestation of Ekadasha Rudras on the Forehead and the qualities of the ten Gurus in the Void (unique to Sahaja Yoga) were concisely described. Various cleansing techniques such as foot soaking, candling, and shoe beating and matka treatment were explained practically. The principle of the Gruha Lakshmi was explained precisely. Very vivid explanations were portrayed on the various elements like Light, Air Fire... etc. The use of water and effect of earth on us were also deliberated at length.

Then an interactive session on Demonstration and rehearsal on self realization and knowledge disseminations to the seekers and our attitude towards them (practical demonstrations), topics covering Yuva issues/struggles/solutions/meditation/rituals/self realization were discussed.

A unique set of questionnaire was served as a class room workshop before and after the workshop to assess how far the collective Yuvas have progressed. The questionnaire itself was so simple in the first look, yet it did test our inner knowledge on our individual ascent and progress that was to be completed in ten minutes. It had questions as to what are the changes and benefits we got from Sahaja; questions were focused on our subtle system, about various Chakras their deities and many more. Another questionnaire was related to our experiences and work done by us for Sahaja. Finally, a performa regarding our personal information was filled

and this was the winding up of the programme very interesting old lecture of Shri Mataji was distributed on how to deal with the new comers. It was the talk of Devi Puja, 1989 in Helsinki.

The day long seminar cum workshop was concluded with a beautiful gesture of Gruha Lakshmi's expression of warmth (lunch) that was served by the senior yogi/yoginis present over there, to all the 50-60 Yuvas present there, just like a picnic. Finally, before the departure it turned out to be another real party time for the Yuvas as it marked the Birthday celebration of our state coordinator Col. V Tewari! At 4:30 P.M the collectivity of the Yuva sangha departed with a lot of learning and lessons in hand and with a vow in heart to spread Mother's message of Love to every nook and corner and becoming a fruit from flower as we understood the blossom time has sprung up within us by Mother's grace.

Shri Mataji meeting Yuva Shakti in Cabella

Shri Mataji met swiss yuvashakti in Cabella on 28th May (Day of Pentecost). Here are some words She spoke during the meeting:

◆ A Yuva told Shri Mataji about Internation Yuvashakti Seminar (30th July - 2nd June), which is going to be held in Cabella for ages 16 to 27. Shri Mataji immediately responded "Very Good". She then added, "The atmosphere is not good for them." By saying that She was talking about the outside world, which makes it hard for young seekers to get their realisation. Her face darkened a little bit. "It is very important what you are doing." She said, then added, "You can save them."

◆ Then yuvashakti gave beautiful pink roses to Shri Mataji, each of the Yuvas was allowed to individually hand them over to Shri Mataji, who collected them in Her Holy hands, thanking every one of us and still smiling. She asked sweetly, "Everyone brought a flower?!" She said, "These roses look like Indian roses". One of the Yuvas explained, that they were from Her own garden. Shri Mataji said again, "May God bless you!" while smelling all the roses. They all bowed down and left, their hearts trembling and laughing, grateful to be so much under Her attention.

◆ After that Shri Mataji added, "Yuva Shakti are first class, because they are very innocent." Later, "Yuvashakti are strong and solid Sahaja Yogis" and then "The Yuvashakti are the best. They are deep."

The India Around Us

It is our duty to become good citizens of our country and be aware of its problems. Some of the following points needs our attention and we can do our bit (with spiritual

powers) to help India come over these issues.

Issue# 1

India has sufficient money to sustain itself. The problem lies in management of it. Common man suffers because many resources like food, water, electricity, petroleum etc are poorly managed by corrupt officials and bureaucrats.

Suggestion/Solution

We can pray to Shri Mataji in Her Shri Saraswati and Shri



Hanuman form, that by Her grace everything may become organized, just like it was in the kingdom of Shri Rama. We may shoe-beat corrupt officials, bureaucrats, politicians and poor system of India.

Issue# 2

Indian society and its values are being influenced by west. The main source of this is media (i.e. films, TV serials, newspaper, magazines, internet etc). The vulgarity and obscenity hurts the innocence of people esp. children and gives them false ideas.

Suggestion/Solution

(i) We must pray to Shri Mataji in Her Shri Vishnumaya form that by Her grace there may be correct usage of media, which highlights values and morality of India.

(ii) We may shoe-beat misuse of media.

Issue# 3

Two major rivers in India – Ganga and Yamuna, which are Ida Nadi and Pingla Nadi of the World respectively, are falling victim to immense pollution. Chemicals from factories, garbage, waste fertilizers, waste from ritual activities at the banks are the main cause.

Suggestion/Solution

(i) We must pray to Shri Mataji for the well-being and purity of these sacred rivers. The purity of these rivers will help all the sahaja yogis of the word in their ascent.

(ii) We can paper burn the negativities working against purity of these rivers. While doing a havan we can give an *ahuti* of the negativities.

Sahaja and Physics

Q. Who controls the energy in the matters?

Ans: "Think that in the molecule of a substance there is an energy which is acting. One may say why is there energy in matter? If there was no energy in the matter how can you have all chemical compounds? Who pushes them? Say sodium chloride. Sodium and chloride are attached to each other. But if the chloride has to go to some other atom then who does that? There has to be some energy, which is in built into matter. We know water has energy,

that's how we have hydrostatics even stones, gold all of them have got energy in themselves. It is all controlled by the principle of Shri Ganesha. Though such a tiny little child how great is his work and how much He has to work out. From matter one moves to living plants, then to animals, then to human beings and everywhere His energy works. At the level of matter we might call it electro- magnetic, potentially it is the energy of Shri Ganesha which is electro magnetic at that point. When it starts evolving growing, that's how we have different strata of energies that we see in different growth of evolution."

Shri Ganesh Puja , Cabella , Italy, 19.09.1993

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DEVAI NAMO NAMAH

Om Twameva Sakshat
SHRI KARTIKEYA
Sakshat Shri Adishakti Mataji
Shri Nirmala Devyei Namoh Namah

Shri Mataji on Shri Kartikeya

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

The other way round. Ganesha is nice, he's the King, very nicely sitting down with all the powers, alright? In a sense He's there but Kartikeya's the one who commands innocence, gives you a power of that commandment. He commands. After the Guru Puja it's better that we should have the power to command others and that commanding spirit comes in the men through their talking, through their dynamism, through their personal achievements; for the women through their loving power, for, through their forbearance, through their gracious behaviour, forgiveness, compassion. So let us develop that today, that we can command it, means it's not that what we have but in a position we are to command. I hope you understand what is Kartikeya..." (1)

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

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

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

or satanic people were put. That's the only day you can sleep late and a good news for you." (2)

About Right Mooladhara

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

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

It is observed that when our right mooladhara improves our right side also becomes better; for two reasons:

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

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

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

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

Following is the meditation to improve Mooladhara (as told by Shri Mataji)

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

Prayers / Affirmations for Right Mooladhara

1. Keep right hand towards Shri Mataji's photograph and left hand on Mother Earth and pray "Mother kindly purify and improve my right mooladhara", "Shri Mataji verily you're the slayer of all the demons", "Shri Mataji please make me worthy of you", "Shri Mataji whatever I do is to please you", "Shri Mataji please bless me with the qualities of Shri Kartikeya", "Shri Mataji please bless me with complete surrender and Divine wisdom of Shri Ganesh".
2. We can take following mantras:
 - a. Shri Kartikeya Sakshat
 - b. Shri RakshasHantri Sakshat
 - c. Shri Rakshasaghni Sakshat
3. Look more towards Mother Earth.

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

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

Reference:

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

PRAYER FOR LEFT HEART

We pray to Lord Shiva to look after our union. I surrender to YOU. Now Gauri Kundalini surrenders to the spirit. We pray to Lord Shiva to look after this. I forget everything else. I leave it in YOUR Holy hands. YOU raise me up. I forget all that was in me before, just lift me up. You raise me up. Everything I have dropped out, no other desire but just lift me higher. Make me YOUR servant. The rest of it is not important. All the other manifestations of this desire are over. Now I am absolutely surrendered to YOU, my spirit. Lift me higher and higher and higher. Away from all the thoughts and things that were not the spirit. Make me complete spirit. Forget all that was there. That elevation, that ascent becomes fast quick trip. A very fast thing. If you just try this every moment, anything that goes against the spirit must be given up. And that spirit is what? The PURE desire. We have to be one with the spirit, and all the rest is not important. You are in the beautiful kingdom of GOD where all ugliness drops out like when the lotus opens out; all the mud drops out from it. In the same beautiful way, let MY children become fragrant beautiful offering to LORD SADASHIVA...MAY GOD bless you.

- H.H.SHRI MATAJI NIRMALA DEVI

शब्दांजली

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

अल्लाह हू - कव्वाली

मालिकुल मुल्क लाशरी का लाहु,
वादाहु ला इल्लाह इल्लाहू।

मैं कसम से कहता हूँ कि केवल एक ही परमात्मा है,
जो कि सम्पूर्ण संसार का मालिक है और हे परमात्मा,
तुम्हारे सिवाय और कोई भी नहीं है!

शमस तबरेज़ गर खुदा तलबी,
खुशबू काह ला इल्लाह इल्लाहू।

हे शमस तबरेज़ (ईरान के एक फकीर), अगर तुझे
परमात्मा को पाने की तीव्र इच्छा है,
तो ऊँचे स्वर में बोलो कि परमात्मा केवल एक ही है।

कौनैन का मसजूद है, माबूद है तू,
हर शह तेरी शाहिद है, के मशहूद है तू।

हे परमात्मा! तू ही दोनों जहान (लोक-परलोक) का
मालिक है और तेरी ही पूजा होती है, हर रचना तेरे ही
होने की गवाही देती है।

हर एक के लव पर है तेरी हम्द-ओ-सना,
हर सोज़ में, हर साज़ में मौजूद है तू।

हर किसी के होठों पर तेरे ही नाम की प्रशंसा है,
हर चाहत (दीवानगी) में, हर सुर और साज़ में तू ही
मौजूद है।

तेरे ही नाम से हर इबतिदा है,
तेरे ही नाम तक हर इन्तहा है।

हर शुरुआत तुझ से होती है और

हर अन्त तुझ पर ही होता है।

तेरी हम्द-ओ-साना अल्लहम तु इल्लाह,
कि तु मेरे मोहम्मद का खुदा है।

अल्लाह हू, अल्लाह हू, अल्लाह हू...

तेरी पूजा करना ही भगवान की पूजा है,
क्योंकि तू ही मेरे मोहम्मद का खुदा है।
जहाँ कुछ नहीं होता वहाँ से तेरी शुरुआत होती है।

ये ज़मीं जब न थी, जहाँ जब न था,
चाँद, सूरज न थे, आसमाँ जब न था।

जब यह धरती नहीं थी, जब यह संसार नहीं था,
चाँद, सूरज नहीं थे, यह आकाश नहीं था।

राज़-ए-हक भी किसी पर आया जब ना था,
तब ना था कुछ यहाँ, था मगर तु ही तु।

जब परम से परम सत्य को कोई नहीं जानता था और
जब यहाँ कुछ नहीं था,
अगर कुछ था तो वह केवल तू ही था।

पहुँचे मेराज में अर्श तक मुस्तफा,
जब ना मा बूद बन्दे में पर्दा रहा।

जब मुस्तफा (मुहम्मद साहब का एक नाम) स्वर्ग तक
पहुँचे, जब उनमें और भगवान में कोई पर्दा नहीं रहा।

तब मदालिक ने हज़रत से झुक कर कहा,
सारी मखलूक में हक नुमा तू ही तू।
अल्लाह हू, अल्लाह हू, अल्लाह हू...

तब फरिश्ते (देवदूत) ने परमात्मा के आगे झुक कर कहा,
सारे संसार में अगर कोई है, तो वह तू (परमात्मा) है,
इसके अलावा कोई भी नहीं है।
जहाँ कुछ नहीं होता वहाँ से तेरी शुरुआत होती है।

खालिक-ए-कुल है तु, इसमें क्या गुप्तगू?
सारे आलम को है तेरी ही जुस्तजू।

इसमें कोई विवाद नहीं है के तू ही सबका मालिक है,
और सभी को (जिसे तेरे द्वारा रचा गया है) तुझे पाने का
जुनून है।

तेरी जलवागिरी है आईन चार सू,
ला शरीका लहू, मालिक-ए-मुल्क तू।

हे परमात्मा! संसार की हर एक रचना तुम्हारी महानता को
दर्शाती है इसलिए इसमें कोई संशय नहीं है कि तुम ही
सम्पूर्ण विश्व के मालिक हो।

हर शय तेरे जमाल की आईना-दार है,
हर शय पुकारती है तु परवरदिगार है,

हर रचना आप ही का यश प्रतिबिम्बित करती है,
हर रचना आप ही को परमात्मा कहती है।

तेरी रबूबियत की अदा को कमाल है,
तू रब-ए-कायनात है, तू ला-ज़याल है।

आपके प्रभुत्व का सौन्दर्य उत्तम है,
आप ब्रह्माण्ड के ईश्वर हैं, आपका पतन (अन्त) नहीं हो
सकता।

तू जो हर शान नई शान दिखा देता है,
दीदा-ए-शौख को हैरान बना देता है

हे परमात्मा, तू हर किसी के गुणों को जागृत करके एक
नई पहचान बना देता है।

तेरे चमत्कार हर किसी की आँखों को चुंधिया देते हैं।

डाली-डाली तेरी तखलीक के गुण गाती है,
पत्ता-पत्ता तेरी कुदरत का पता देता है।

पेड़ की हर एक डाली तेरी निर्मलता के गुण गाती है,
पेड़ का हर पत्ता तेरे होने की गवाही देता है।

ला इलाहा तेरी शान या! वादहू,
तू खयाल-ओ-तजस्सुस, तू ही आरजू

हे परमात्मा! तेरे जैसा कोई भी नहीं है और सब जगह
तुम्हारा ही महत्व है,
तुम ही विचार, जिज्ञासा और ईच्छा हो।

आँख की रोशनी, दिल की आवाज़ तू,
था भी तू, है भी तू, होगा भी तू ही तू।
अल्लाह हूँ, अल्लाह हूँ, अल्लाह हूँ...

हे परमात्मा! आँख की रोशनी भी तुम हो और हृदय की
पुकार भी तुम हो?
भूत, वर्तमान और भविष्य (तीनों कालों में) भी तुम ही
हो, अर्थात् तुम आदि-अनादि हो।
जहाँ कुछ नहीं होता वहाँ से तेरी शुरुआत होती है।

Interesting Sahaja Worldwide Links

1. International YuvaShakti Community -
www.yuvashakti.com
2. Online Sahaja Radio -
www.sahajayoga.com.au/media/radio/
3. Sahaja Blog -
<http://divinesahajayoga.blogspot.com/>
4. Online Leela Game:
 - Visit www.yogacolorado.org
 - Click "Yogis Login", located on right side of the Shri Chakra.
 - Enter the password: "lambodar" or "gajanana"
 - Follow the instructions and click "Play"

ब्रह्माण्डीय सहज परिवार के लिये अन्तर-अवलोकन

प्रिय भाईयों और बहनों,

पिछले कुछ वर्षों में हमने शायद ही श्रीमाताजी के मुखारविन्द पर मुस्कान देखी होगी। हम ये भी जानते हैं कि उनका स्वास्थ्य बिगड़ रहा है। अतः हमने स्वयं से प्रश्न किया कि 'ऐसा क्यों?' नए आए सहजयोगी कह सकते हैं कि "क्योंकि वे वृद्ध हो रही हैं।" परन्तु जिन लोगों ने सहज में थोड़ी सी भी गहनता तथा सूझ-बूझ प्राप्त की है, उनके साथ हम अपने अन्तर-अवलोकन के निष्कर्षों का विश्लेषण करना चाहेंगे:

1. क्योंकि हम सहजयोग में वह स्तर, वह गहनता प्राप्त नहीं कर पा रहे हैं जिससे बाह्य विश्व के लोग (विश्व सरकारों तथा संसदों) सहित हमारी ओर आकर्षित हों और पूरे विश्व के लिए सहजयोग अद्वितीय ब्रह्माण्डीय एकीकरण बन जाए।

2. क्योंकि सहजयोग में हमारी उत्क्रान्ति बहुत धीमी है। उत्क्रान्ति की गति धीमी होने के कारण हमारे अन्दर शुद्ध इच्छा की दुर्बलता है, शुद्ध इच्छा इतनी कम है कि हम उसे क्रियान्वित नहीं करते।

3. क्योंकि पूरा दिन ध्यानावस्था में बने रहना हमें याद नहीं रहता। यद्यपि हम प्रातः और सायं नियमित रूप से ध्यान करते हैं फिर भी हम बार-बार अहं और प्रतिअहं के शिकंजे में फँस जाते हैं।

4. क्योंकि अब तक भी हम अपनी सभी समस्याओं को श्रीमाताजी के चरणकमलों में, परम चैतन्य के सम्मुख नहीं कर पाते हैं।

5. क्योंकि हर समय हम पूर्ण सत्य को भूले रहते हैं कि हम आत्मा हैं और श्रीमाताजी परमात्मा हैं, 'परम चैतन्य' हैं।

6. क्योंकि हम भूल जाते हैं कि आत्मा के सम्मुख हमारा शरीर गौण है। हर क्षण यदि हम आत्मा का आनन्द नहीं उठाते, तो परमेश्वरी तंत्र से हमारा योग अभी अस्थिर एवं डावाँडोल है। ऐसी अवस्था में परम चैतन्य हमारी समस्याओं का समाधान

नहीं कर सकते और उसका कुप्रभाव श्रीमाताजी के शरीर पर पड़ता है।

7. क्योंकि भवसागर में विद्यमान दस शक्तियों को जागृत करके परमेश्वरी प्रेम का माध्यम बनना हमारा एकमात्र लक्ष्य नहीं है। अतः हमारे अन्दर स्थित गुरुतत्व सुप्तावस्था में है।

8. क्योंकि अब भी उत्क्रान्ति में बाधा डालने वाले, गहनता में अवरोध उत्पन्न करने वाले तथा परमेश्वरी प्रेम की चैतन्य लहरियों को समझने वाले सूक्ष्मता विरोधी अपने संस्कारों (आदतों) से हमें अत्यन्त प्रेम है।

9. क्योंकि (एक ओर तो) अपनी बुद्धि और (दूसरी ओर) अपनी भावनाओं को परमेश्वरी चैतन्य लहरियों के समक्ष समर्पित करना हमारा लक्ष्य नहीं है। स्वयं को अपने अहं और प्रतिअहं से मुक्त करने हमारा लक्ष्य नहीं है, इसी कारण से अपने तर्किक और भावनात्मिक लिप्ताओं को हम किसी भी प्रकार छोड़ना नहीं चाहते।

10. क्योंकि हम अन्य लोगों के अहं और प्रतिअहं के प्रभाव से मुक्त करने का प्रयत्न नहीं करते इसी कारण हम अपने मन और शरीर को समझने की अपनी आदत के सम्मुख तो नतमस्तक हो जाते हैं, परन्तु अपनी आत्मा के सम्मुख नहीं।

11. क्योंकि हम भूल जाते हैं कि केवल श्री माताजी ही हमारी गुरु हैं, उनकी परमेश्वरी प्रेम की चैतन्य लहरियाँ।

12. क्योंकि हम भूल जाते हैं कि हमारे आध्यात्मिक उत्क्रान्ति पथ पर केवल दो बाधाएँ हैं : अहंकार एवं प्रतिअहंकार (बंधन)।

13. क्योंकि हम भूल जाते हैं कि अपनी बुद्धि और भावनाओं पर आवांछित विश्वास और निर्भरता हमारी सबसे बड़ी गलती है।

14. क्योंकि हम भूल जाते हैं कि श्रीमाताजी का हमारे हृदय से

नहीं कर सकते और उसका कुप्रभाव श्रीमाताजी के शरीर पर पड़ता है।

7. क्योंकि भवसागर में विद्यमान दस शक्तियों को जागृत करके परमेश्वरी प्रेम का माध्यम बनना हमारा एकमात्र लक्ष्य नहीं है। अतः हमारे अन्दर स्थित गुरुत्व सुप्तावस्था में है।

8. क्योंकि अब भी उल्लान्ति में बाधा डालने वाले, गहनता में अवरोध उत्पन्न करने वाले तथा परमेश्वरी प्रेम की चैतन्य लहरियों को समझने वाले सूक्ष्मता विरोधी अपने संस्कारों (आदतों) से हमें अत्यन्त प्रेम है।

9. क्योंकि (एक ओर तो) अपनी बुद्धि और (दूसरी ओर) अपनी भावनाओं को परमेश्वरी चैतन्य लहरियों के समक्ष समर्पित करना हमारा लक्ष्य नहीं है। स्वयं को अपने अहं और प्रतिअहं से मुक्त करने हमारा लक्ष्य नहीं है, इसी कारण से अपने तर्किक और भावनात्मिक लिप्सताओं को हम किसी भी प्रकार छोड़ना नहीं चाहते।

10. क्योंकि हम अन्य लोगों के अहं और प्रतिअहं के प्रभाव से मुक्त करने का प्रयत्न नहीं करते इसी कारण हम अपने मन और शरीर को समझने की अपनी आदत के सम्मुख तो नतमस्तक हो जाते हैं, परन्तु अपनी आत्मा के सम्मुख नहीं।

Experiences of Yuvashakti

Mother's Protection

Although every moment in Sahaja is heavenly but I would like to share two (out of hundreds) of Sahaja miracle experiences.

1. I have a very sensitive skin - even a wee bit of scratch or burn pains for hours! One day I had lit an agarbatti (incense stick) and kept it in front of Shri Mataji. I was in office at that time, so someone interrupted and I started giving some instructions to him - as he went away - I saw the burning end of the stick pierced deep in my skin (arm) as a reflex action I jumped to brush it off my skin and checked the burnt area - to my surprise there was not the slightest mark or burn injury!! Although I had myself taken out the pierced end from my skin!!

2. Very recently I was washing the bottles with acid. Usually, even a slightest droplet of acid burns the skin and I used to immediately wash off with water to ward away the burning sensation. But some 3 days ago, I was washing a tumbler which had acquired some stubborn stains and as I poured the acid in it - it leaked through one of its designed incisions and fell directly on my right thumb! Although I could see the harsh acidic effect it made on the tumbler but my skin felt as if plain water had fallen on it!! I understood that Shri Mataji has taken care of Her instrument's skin!

Aparna Gangopadhyay, Kolkata

Power of a Bandhan

I was preparing for entrance of Modern Office Practice, in which there were only 250 seats. I did not want to sit for the exam because my uncle & aunty had come with their children. They were going for a picnic but my parents forced me to go and take the exam. So I went there and I was crying because my father had scolded me. I went and took the exam. I don't know what answer I gave to which question but after finishing my exam I just gave bandhan to my paper and submitted it. After few days my result was out and I went to check it. I thought that I would not succeed but by grace of our Holy Mother a miraculous thing happened: I got All India 18th rank, and also an admission in renowned Meerabai Polytechnic.

Mugdha Srivastava, Delhi

वर्तमान का महत्त्व

श्रीमाताजी ने हमें हमेशा वर्तमान में रहने के लिए कहा है। जब हम निर्विचारिता में होते हैं, तभी हम वर्तमान में होते हैं। परन्तु यह स्थिति पूर्णतः सीपित नहीं है, तो हमें इस के लिए क्या करना चाहिए? आईये लियो टॉलस्टॉय (रूस के आत्मसाक्षात्कारी लेखक) की इस कहानी से जानें।

एक बार एक राजा के मन में तीन सवाल आए।

पहला - कोई काम कब शुरु किया जाए?

दूसरा - कौन ठीक व्यक्ति हैं जिसकी बात सुनी जाए?

तीसरा - महत्त्वपूर्ण काम कौन सा है?

उसने अपने सारे राज्य में ऐलान करा दिया कि जो कोई भी आकर इन सवालों का उत्तर देगा उसे खूब इनाम दिया जाएगा। बड़े-बड़े विद्वान दूर-दूर से राजा के पास आये, सबने उत्तर दिये, पर सबके उत्तर अलग-अलग थे। जितने भी उत्तर उसे प्राप्त हुए वह उनसे संतुष्ट नहीं हुआ। तब उसने एक योगी से (जिसके ज्ञान का गौरव दूर-दूर तक था) इन सवालों का उत्तर जानने की सोची।

वह योगी एक वन में रहता था, कभी बाहर नहीं जाता था और देहात के सीधे-साधे लोगों के अलावा किसी और से बात नहीं करता था। अतः

राजा ने अपना सादा वेश कर लिया और योगी की कुटिया आने से पहले ही घोड़े से उतर कर पैदल चलने लगा। साथ के रक्षक सिपाहियों को वहीं छोड़ कर वह अकेला ही कुटिया की ओर चला गया।

कुटिया के पास पहुँच कर राजा देखता है कि योगी कुटिया के आगे धरती खोद रहा था। राजा को देख योगी स्वागत वचन कहता है और फिर उसी तरह खोदने लगता है। योगी की काया दुर्बल थी, धरती में एक फावड़ा मारता कि उसकी साँस फूलने लगती।

राजा ने पास जाकर कहा - "हे ज्ञानी योगी मैं आपके पास तीन

सवाल पूछने आया हूँ।

पहला - काम का ठीक वक्त मैं कैसे जान सकता हूँ?

दूसरा - कौन लोग मेरे लिए महत्त्वपूर्ण हैं जिनका औरों की मुझे विशेष ख्याल रखना है।

तीसरा - कौन सा काम सबसे महत्त्वपूर्ण है, जिस पर मुझे पहले ध्यान देना चाहिए?"

योगी ने राजा की बात सुनी पर जवाब नहीं दिया। हथेली को धूक से गीला कर के, फिर से खोदने लग गया। राजा ने कहा -

"आप धक गये हैं, लाइये, मुझे फावड़ा दीजिए, कुछ देर मैं आपकी जगह काम कर देता हूँ।"

"अच्छा" कहकर योगी ने फावड़ा राजा को दे दिया और खुद धरती पर लेट कर सुस्ताने लगा। दो क्यारियाँ खोदने पर राजा रुका और अपने प्रश्नों को दोहराया। लेकिन योगी ने कोई जवाब नहीं दिया। राजा शाम होने तक फावड़ा हाथ में लिए धरती खोदता रहा।

अन्ततः राजा ने फावड़ा छोड़ कर

योगी से कहा - "हे ज्ञानी पुरुष, मैं आपसे अपने तीन प्रश्नों के उत्तर के लिए आपके पास आया था, यदि आप मुझे उत्तर नहीं दे सकते तो बता दीजिए, मैं वापिस चला जाता हूँ।" इतने में योगी ने कहा - "देखो! वहाँ से कोई भागा आ रहा है। जाने कौन है?"

राजा ने मुड़कर देखा कि एक दाढ़ीवाला व्यक्ति जंगल से भागा चला आ रहा था। उसने अपने दोनों हाथों से अपने पेट को दबा रखा था और उसका लहू बह रहा था। उनके पास पहुँच कर वह बेहोश हो कर गिर गया। दोनों ने मिल कर उसके घाव को धोया और पट्टी बाँधी, बहुत मेहनत से उसके लहू को रोका, फिर उसे होश आया। राजा ने उसे पानी पिलाया और बिछौने

पर सुला दिया। राजा सुबह से इतना काम करके थक चुका था, अतः वह भी लेट गया और गहरी नींद में सो गया।

जब सुबह हुई तो उस दाढ़ीवाले व्यक्ति ने राजा से कहा - "हे राजन्! मुझे क्षमा कर दीजिए।" राजा बोला - "मैं तो तुम्हें जानता ही नहीं तो क्षमा किस बात की?" वह बोला - "आप मुझे नहीं जानते, लेकिन मैं आपको जानता हूँ। आपने मेरे भाई को फाँसी दे कर उसकी सारी सम्पत्ति छीन ली थी। तब मैंने आपसे प्रतिशोध लेने का प्रण लिया था। मैंने सोचा था कि जब आप योगी की कुटिया से वापिस आयेंगे तब मैं आपकी हत्या कर दूँगा। परन्तु दिन पूरा हो गया और आप नहीं लौटे। जब मैं अपने छिपने की जगह से बाहर आया, तब आपके सिपाहियों ने मुझे पहचान लिया और मुझ पर आक्रमण कर के घायल कर दिया। कैसे भी मैं वहाँ से भागा और यहाँ आपने मुझे यदि पट्टी नहीं बाँधी होती तो मैं मृत्यु को प्राप्त हो जाता। आपने मेरी जान बचाई है, मैं जब तक जीवित रहूँगा तब तक आपकी सेवा करूँगा और अपने बेटे से भी यही कहूँगा। आप मुझे क्षमा कर दीजिये, यही मेरी विनती है।"

राजा को बड़ी प्रसन्नता हुई कि कैसे सहज ही एक शत्रु मित्र बन गया! राजा ने उसे क्षमा कर दिया और सम्पत्ति लौटाने का वचन भी दिया।

फिर राजा ने योगी से कहा - "हे ज्ञानी पुरुष, मैं अंतिम बार आपसे अपने प्रश्नों के उत्तर के लिए प्रार्थना करता हूँ।" योगी ने कहा - "हे राजन्! उत्तर तो आपको मिल ही चुका है।" राजा ने पूछा - "कैसे? आपका क्या तात्पर्य है?"

योगी बोला - "देखिये, यदि आप मेरी दुर्बलता पर दया नहीं करते और मेरी जगह इन क्यारियों को खोदते नहीं, अपितु वापिस चले जाते, तो यह व्यक्ति आप पर हमला कर बैठता! और फिर यहाँ न ठहरने पर आप पछतावा करते। अतः उस क्षण आपके लिए सबसे महत्वपूर्ण समय वह क्षण था जिस क्षण आप क्यारियाँ खोद रहे थे। उस क्षण आपके लिए सबसे महत्वपूर्ण व्यक्ति मैं था और उस क्षण मेरी सहायता करना आपका सबसे महत्वपूर्ण कार्य था। इसके बाद वह व्यक्ति जब हमारे पास आकर गिर गया, तब, जब आप उसकी परिचर्या में लगे थे, वह सबसे महत्वपूर्ण समय था। क्योंकि यदि आप धाव न बाँधते तो वह अपने मन में आपका वैर लिए मरता। अतः उस क्षण वह व्यक्ति आपके लिए सबसे महत्वपूर्ण व्यक्ति था और जो आप ने उसके लिए किया वह सबसे महत्वपूर्ण कार्य। इसलिए याद रखो कि एक ही समय है जो महत्वपूर्ण है -

वर्तमान का समय, क्योंकि वह वही समय जिसमें हम जीते हैं और वही हमारे हाथ में होता है। सबसे महत्वपूर्ण व्यक्ति वह है जिसके साथ हम उस समय होते हैं क्योंकि कौन जानता है कि आगे किसी से मिलना हमारे भाग्य में है भी या नहीं। सबसे महत्वपूर्ण कार्य है उस व्यक्ति की जो सेवा हो, कर देना, क्योंकि वही एक कार्य है जिसको उस व्यक्ति के हाथ देकर उसे तुम्हारे पास भेजा गया है।"

इस प्रकार वह राजा उस योगी से अपने तीन प्रश्नों के उत्तर जान कर अपनी राजधानी लौट गया।

अब यह प्रश्न बहुत बार हो जाता है, administration में, ऐसा प्रश्न होता है कि क्या करें? यह ठीक है या नहीं? और इतना आसान है, इतना आसान है कि कोई सा भी decision लेने से पहले निर्विचारिता में जाओ, अपने आप decision सामने जो आ जाए वो करिये कभी गलत हो ही नहीं सकता है। पर decision निर्विचारिता में spontaneous होगा और विचार में आपने अगर कर लिया तो वो biased होगा, क्योंकि उसमें आपका ego और superego दोनों काम कर रहा है। आपके जो कुछ भी संस्कार हैं, आपने जो कुछ लौकिक कमाया है वो आपके पीछे में खड़ा रहेगा। लेकिन अगर निर्विचारिता में करियेगा तो ये कभी ना होयेगा... आलौकिक होगा...। एक क्षण निर्विचारिता में जाकर के आप किसी भी चीज़ का decision ले लें, आप ऐसे-ऐसे decisions लेंगे के बड़े-बड़े लोगों के बस का नहीं था! dynamic... absolutely dynamic!

- क्षमा की शक्ति का महत्त्व, 1975

स्वयं से पूछें

१. इन दो वाक्यों में क्या अन्तर है:

- चित्त का सहस्त्रार पर होना
- चित्त का सहस्त्रार में होना

२. मैं जीवन में क्या चाहता हूँ - आलीशान, सुखमय, स्वस्थ जीवन या फिर परम?

स्वरशाला

(हारमोनियम पर तीन महामंत्र बजाना सीखिये)

ॐ त्वमे व साक्षात् श्री महा लक्ष्मी महा सरस्वती महा का - - - - ली
सा सा सा प रे - - रे रेरे ग ग रेरे रे ग ग ग म ग प म ग रेरे

त्रिगुणात्मि का कुण्डलिनी साक्षात् श्री आदिशक्ति माता - - - - जी
रेरे ग रे ग प - - - प - - प प ध म ग ग म ग प म ग रेरे

श्री निर्मला दे - - - - - वी - - - - - न मो न मः ॥
नी सा - - नी सा रे सा नी ध ध नी गु रे सा रे सा सा सा

ॐ त्वमे व साक्षात् श्री कल्की साक्षात् श्री आदिशक्ति
सा सा सा प रे - - रे रे ग रे ग प प ध म ग

माता - - - - जी श्री निर्मला दे - - - - -
ग म ग प म ग रेरे नी सा - - नी सा रे सा नी ध

वी - - - - - न मो न मः ॥
ध नी गु रे सा रे सा सा सा

ॐ त्वमे व साक्षात् श्री कल्की साक्षात् श्री सहस्रार स्वा मि नी मोक्ष
सा सा सा प रेरे - रे रे ग रे ग ग ग म प नी नी सां नी नी -

प्र दा यनी - - मा- ता - - - - - जी
नी सां रें नी ध प प - म ध प नी ध नी ध प म ग रे

श्री निर्मला दे - - - वी - - - - - न मो न मः ॥
नी सा - - नी सा रे सा नी ध ध नी गु रे सा रे सा सा - -



MOTHER'S RECIPE

Chhole (Spicy Chick Peas) (For 6 People)

Ingredients:

- 500 gr. Chick peas (soaked over night)
- 500 gr. Potatoes boiled and cut into small cubes
- 2.3 tablespoon ghee or oil
- 2 teaspoon baking powder
- 2 ½ liter water
- 5-6 bay leaves
- 2 teaspoon shajeera (caraway seeds)
- 1 fresh green chilli
- ½ teaspoon red chilli powder
- ½ teaspoon turmeric powder
- 250 gr. Seedless tamarind

A

- 3 big sliced onions
- 7.5 cm piece ginger, finely chopped
- 7-8 cloves of garlic, finely chopped
- 1 teaspoon black pepper
- 3-4 whole cinnamon sticks
- 2 black cardamoms

B

- 6 pieces of cloves
- 3 teaspoon coriander seeds
- 3 teaspoon cumin seeds (jeera)
- Fresh coriander leaves
- Optional jaggery or sugar

Preparation:

- Mix the coarsely ground spices (B) in a bowl
- Soak the tamarind in a little hot water for an hour. Squeeze it to remove the pulp. (Strain through a sieve or squeeze by hand) Keep the thick tamarind extract to put into the sauce.
- Boil the 2 ½ of water, in a big pot. When it starts boiling

add the baking powder and quickly add the drained chick peas

- Add the preparation (A) and let everything cook until the chickpeas are tender. (Add hot water if necessary, never cold water it stops the chick peas to get salt)
- In another frying pan heat the ghee. Add bay leaves and cumin seeds and let it splutter.
- Add preparation (B), turmeric and green chilli to the



ghee. Fry for ½ minute, until you smell the spices, but take care not to burn them

- Add this mixture to the cooked chick peas.
- Add boiled potato cubes, red chilli powder, thick tamarind paste and salt. You can also add sugar or jaggery in the sauce (optional, according to your taste). Mix well, cover and simmer for one more minute. The chickpeas have to be a thick, moist dish and not too liquid.
- When ready, garnish with fresh coriander leaves. Serve with nan or rice.

As fresh as it has been made

Strange thing about cooking was that we had a big catering-style fridge & Mother made a chicken stew which we didn't finish, so we put leftovers in fridge for another day. Then after Mother had left, about a week later, Pat Anslow, who stayed up after seminar, & I made another chicken stew & also put it in same fridge & forgot about it. About 3 weeks after this we suddenly remembered 2 stews, but strange thing was that our stew had gone completely rotten, whereas Mother's was as fresh as day it had been made.

- Linda Williams

THIS HAPPENED

She said it is like the sunlight

There was a miracle, which I experienced when we had a seminar in English countryside. It was a long time ago, 1979, & Shri Mataji came. It was a very dark day with no sun, heavy clouds. It was very, very dull & heavy. There was a lot of doubting in Sahaja Yoga at that time. And Shri Mataji was talking to us & said that She is Shri Krishna & Shri Jesus & Shri Mataji. She is all of them. She said it is like sunlight. And at that moment beam of sunlight came out of nowhere & shone on Her head & went away. To prove it, She said for beam of light come again on Her head. That happened 2 or 3 times. Out of nowhere sun came. So this was miracle I witnessed together with about 50 yogis, who were present at that time.

Miodrag Radosavljevic

A drama of cosmic proportions

Mother decided to have a seminar at Crosscraig, house where I was living in Scotland. Word "crosscraig" meant "place of holy stone" and it was a Victorian hunting lodge. At that time it had the most dreadful vibrations imaginable because we had been involved with TM & had even had courses on this brand of madness there. But it was as if Mother wanted to come right into the den of the enemy and clear it out for us and through us.

Linda Williams

There were about 20 people at seminar, maybe a few more. I remember Marilyn, Gregoire & Maureen, Pat Anslow's sister, Pat & Mother, Mother in all Her glory. We had a havan & Mother kept us up all night, but it was July & nights were only about 2 hours long. I remember we went outside as sun rose, about 3 in morning, in a golden line over loch. She said TM bhoots had come for us in night & had had a nasty shock when they were met by Adi Shakti Herself. I also remember that I had a sort of a little cottage attached to main house & Mother came to my bedroom. She stamped Her Feet around the room and said that the bhoots had run away, but that they would return after She left.

Another thing about that seminar Mother had all the older Sahaja Yogis wash our feet in Her bath water. This was outside in the garden and we newer people sat in a row on the edge of the lawn with our feet down on the gravel area where one drove cars in. In those days we did not realize the deep symbolism of everything that was going on.

Linda Williams

I also remember Mother sitting in garden & I took Her a bunch of herbs. She said, "One day I must tell you about all these." And She took a foxglove foxgloves grow wild in Scotland and She said, "This flower is sacred to Lord

Shiva." Of course, the foxglove contains digitalis, a substance used in heart surgery. She also said sage was very good.

Linda Williams

I think we stayed up at Crosscraig about a week. Each day, with Mother there, it got clearer and lighter even though more and more TM victims kept turning up. A whole family of brothers and sisters came over from Ireland. Shri Mataji worked relentlessly, with yogis, elements and persuasion, to get the individual TM mantras disclosed. She just transformed the place, the



vibrations, while She was there. I remember we had pujas, we had a havan, and we did ajwan. There was one point where She lay on the ground and everybody just came and took vibrations from Her, although everyone who could had a hand on Her body and those who obviously, there were too many of us. The rest of us held hands with those who had their hands on Her body and She just gave vibrations that way, lying down on the ground or on the floor in the living room.

Marilyn Leate

We had a megalith, a standing stone in garden, which was why place was called Crosscraig. There were quite a few standing stones in Rannoch Valley, but this one was all alone, about one & half meter high & near the edge of loch. It had a sort of a cup mark in it near top. We took Mother to see it, as it was only about 50 meters from house and She told us something very interesting. She said that people who put up these stones knew that She was going to come here, but that also some very bad things were going to go on here beforehand, TM nonsense. She asked us to feel vibrations of stone & it didn't seem to have any, either positive or negative. She said yes, that was right, stone had been put there to absorb some of negative vibrations & make Her work easier, but that it was full, so could not emit cool vibrations.

It made me think, that whole of Mother's incarnation is a drama of cosmic proportions. Years later, Mother Herself said as much.

Linda Williams

At night She would ask people to go & we would direct vibrations while She slept & She would wake up & comment on something & then fall back to sleep again. She never stopped working on everybody. Just individually & collectively, She didn't stop. She was working on every newcomer who came. People were coming from Ireland, Scotland, England, ex-TMers who were coming to get cleared out.

Marilyn Leate

We made garlands out of pink lupines for Mother for Puja. I remember during aarti to Mother at end, feeling tremendous power, joy & majesty of the great Goddess in front of me. When we had sung aarti & were bowing to Mother, She offered us a boon, but said we should ask in our hearts for something material. Although I was going through a bankruptcy case at that moment, I could not bring my self to ask for money, but had heard in London week before that Mother wanted those of us who were married to have children. So I asked for a son who would grow up to fight evil in world. Following year my son

Dattatreya was born.

After the Puja Mother had us go into Her room and we massaged Her Feet and legs to take the vibrations which had been generated during the Puja. Very often in those days the vibrations were not taken and Mother explained that they would go round the world and come back to Her and would then cause Her great pain if they were not absorbed,

Linda Williams.

Actually, people were really getting better. They were all improving as the week went on. People who had physical problems were just getting better, were feeling healthier, getting more energy and it was an interesting period.

Marilyn Leate

It was a beautiful few days. Mother told me She would replace all the terrible memories of my misplaced seeking with beautiful memories and so it has indeed been. As She left to get in Her car, Mother gave me a big hug. It was wonderful.

Linda Williams

Donation Request For NGO

Jai Shri Mataji Dear Sahaja Yogis,

We all know that Shri Mataji founded Vishwa Nirmal Prem Ashram, Greater Noida (an NGO for destitute women and children) in 2000. For upbringing & care taking of the children/women and running & maintenance of the Ashram the NGO regularly needs funds. Following is the information for people who may wish to donate:

1. The Cheque/DD must be made in favour of **HH Shri Mataji Nirmala Devi Foundation**.
2. If the donation is greater than or equal to Rs.5000 then please mention your PAN number. If donation amount is less than Rs.5000 then please mention your postal address.
3. Donation can also be given in form of kinds like cotton dress, shoes, undergarments (all NEW and NOT old and used ones).

4. Kindly Speed Post (ONLY) your Cheque/DD at:
Mrs. Gisela Matzer,
c/o Vishwa Nirmal Prem Ashram,
Plot No.9, Institutional Area,
Near Park Knowledge I,
Greater Noida, UP - 201308.
Ph: (0120)2322023, (0120)2230681.

Contacts:

- (i) Mrs. Gisela - 09810774865,
email - gisela_oma_7@yahoo.com
- (ii) Mr. Jaswant Singh - 09891924990

5. Donation options for a child (per month):

- (i) Rs. 3000 - Includes food, school, dress, maintenance
- (ii) Rs. 1700 - School and Food (only)
- (iii) Rs. 500 - Schooling (only)

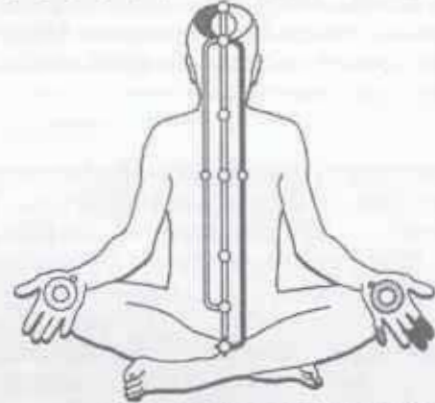
We request readers to announce this in their collectives, so as to spread the awareness among people.

For further details: www.nirmalprem.org

Kid Shakti Page

Swadisthan Chakra

Locate the Swadisthan *Chakra* on the body chart. Count the Number of petals in the Swadisthan *Chakra*. Ask your parents the color the Swadisthan *Chakra* and color it.



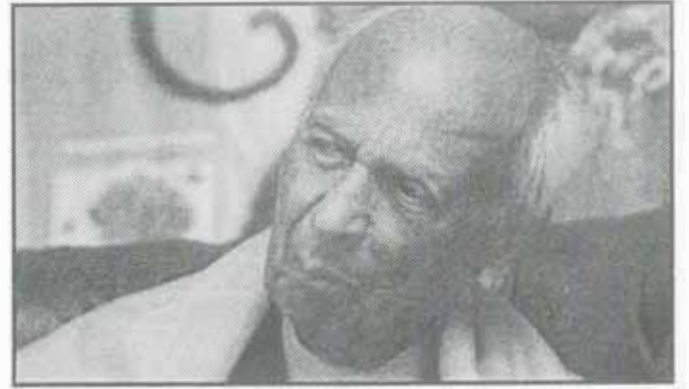
Shri Brahmadeva is the creator, who has created this Universe and who is the one who is busy still creating and doing lots of things for us. He is that aspect of Shri Mataji which is the Doer of all actions. Qualities of Shri Saraswati include creativity, art, music, poetry, aesthetics and comprehension. She is the giver of all the Nirmal Vidya and takes away all Avidya. Color the following picture of Shri Saraswati and Shri Brahmadeva.

Papaji's Words of Wisdom

(Shiv Puja 2007 address)

सामने आपके श्रीमाताजी बैठी हैं और इससे बड़ा दृश्य क्या हो सकता है? उनको देख लेना, भगवान को देख लेना। मैं अच्छी तकदीर वाला हूँ मुझे हर रोज देखने का मौका मिल जाता है। आपसे मुझे शिवजी की दो बातें करनी हैं। वो ये है कि अगर आप देखें तो कितने लोग आये हैं, बैठे हुये हैं। क्यों बैठे हुये हैं? क्यों आये हैं? वो इसलिये है कि जो बैठे हैं यहाँ श्रीमाताजी, इन्होंने अपार प्रेम सबको दिया, है न ठीक बात? (तालियों की गड़गड़ाहट) और अब वो कहती हैं कि मेरे बच्चों, मेरे प्यारे बच्चों मैंने ३० साल, ३५ साल दौड़-दौड़ कर सब काम किया है। कहाँ-कहाँ मैं नहीं गई? लैटिन अमेरिका, अफ्रीका लेकिन अब मुझे थोड़ा सा तो आराम करने दो, बच्चों अब तुम जिम्मेदारी सम्भालो। कहने का मतलब यह है कि सहज को अब आप बढ़ाइये। लेकिन सहज को बढ़ाने में मैं बहुत हाथ जोड़कर आपसे कहना चाहता हूँ जो सबसे बड़ी चीज है सच्चा प्यार, हर एक के लिये अगर मन में सच्चा प्यार है, सबके लिये, कोई द्वेष नहीं है यही श्रीमाताजी की सबसे बड़ी देन है कि सारी दुनिया एक है। हर एक को प्यार एक तरह से करना चाहिये। उन्होंने कहा है कि हम सहजयोगी हैं, Particularly एक हैं। एक दूसरे को इतना Pure प्यार दें, कुछ कहिये नहीं। कोई आपस में तनाजा नहीं, झगड़ा नहीं, द्वेष नहीं, कुछ नहीं। सिर्फ प्यार, उस प्यार को जब आप आगे बढ़ायेंगे तो सहजयोग आपके जरिये से आगे बढ़ेगा, लोग देखेंगे। मैं आपको एक बात दो मिनट में बताऊँ, मैं एक बार लन्दन में था, काम करता था। एक बार एक किताब की दुकान में गया वहाँ पर चार मेजें लगायी हुई थीं जो लोग help करते थे, चार तो बैठे हुये थे। मैंने देखा कि तीन लोगों के पास लोग नहीं जा रहे हैं और एक लड़का सा है 25 साल का, 30 साल का सब उस ही के पास जा रहे हैं। तो मैंने वहाँ के मैनेजर से कहा कि भाई समझ में नहीं आ रहा कि

क्या करें चार लोग हैं और ये तीन लोग हैं और सब एक के ही पास क्यों जा रहे हैं? उन्होंने कहा कि ये बिल्कुल अलग है। मैंने कहा - "क्यों?" कहने लगा "ये कोई सहजयोग होता है उसको करता है और कहता है कि वो सहजयोगी है। इतना प्यार हर एक को देता है, सबको अपनी हिफाजत में रखे हैं।" मैंने



अपने हाथ जोड़े और कहा ये है, यह दुनिया उन्होंने बनायी है और मेरी आपसे हाथ जोड़कर विनती है कि आप इस बात को समझिये और आगे बढ़ाइये, बहुत जरूरत है इसकी। देखिये न, दुनिया को देखिये, झगड़े, लड़ाई। एक भगवान, एक ही तो हो सकता है दो तो नहीं हो सकते। सब उस ही के बच्चे हैं। इस प्रेम को आगे बढ़ायें। बहुत हक से लग के बढ़ाइये। आप इस देश को बचा सकते हैं, इस दुनिया को बचा सकते हैं। इसलिये हाथ जोड़कर आपसे कहता हूँ कि इनका (श्रीमाताजी का) काम आप सम्भालिये। ये हैं, ये बैठी हैं, ये याद रखिये आप, आपके पास आपके बच्चे आयेंगे, उनके बच्चे आयेंगे, सब यहीं आयेंगे। लेकिन फिर भी ये अपने आसन पर बैठेंगी और आप काम करेंगे। करेंगे? हाथ उठाइये... Promise?

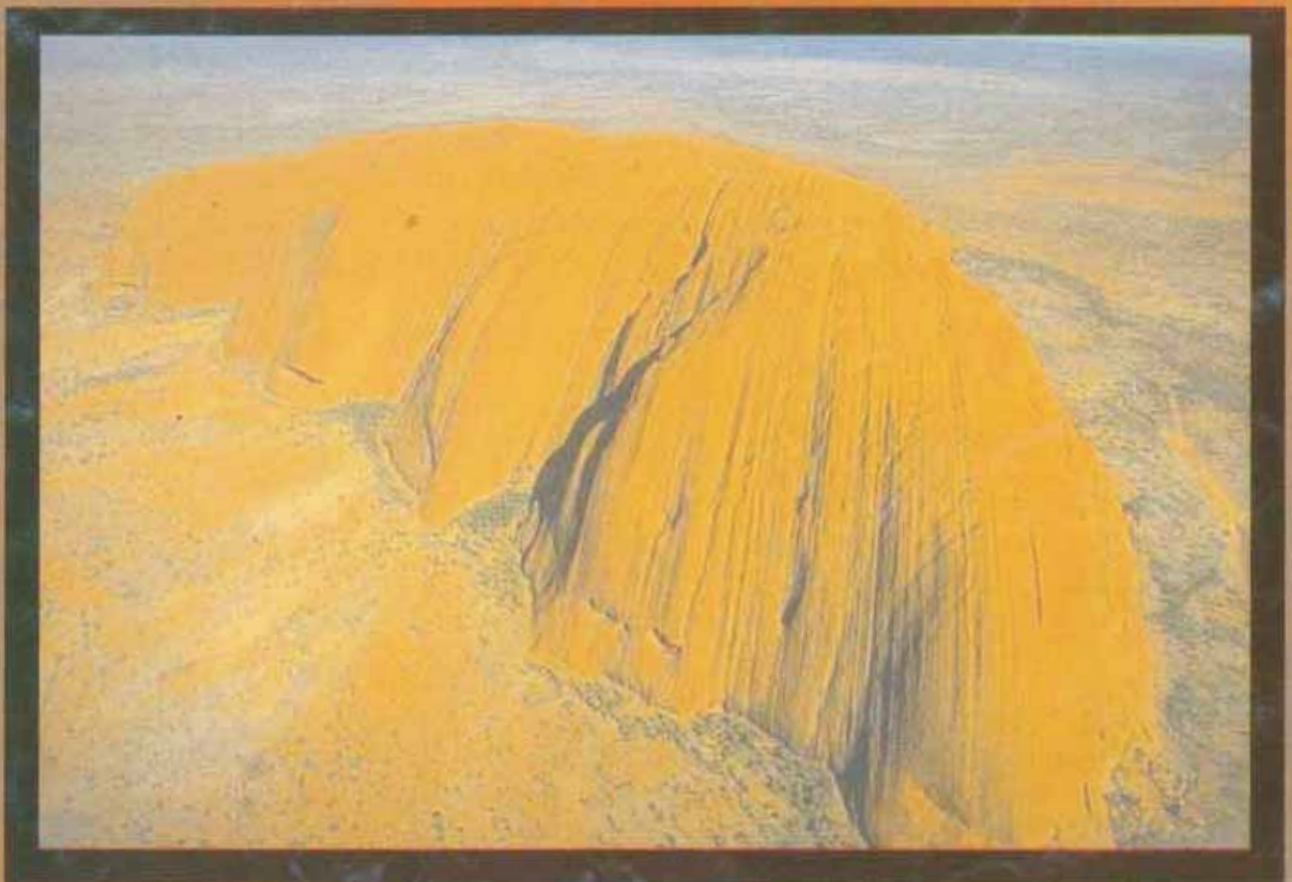
Thank you, बहुत धन्यवाद



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