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"If you fritter away your attention without chastity, it spreads out; it has no limits, it has no forms, it had no shape. But if you delimit it, then you become higher and higher and higher and you can rise higher in your spiritual life."

H.H. Shri Mataji Nirmala Devi, Vishnumaya Puja, 1985

NSYS LENS

Shri Charan

Destination of a Sahaja Yogi



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Plot No. 8, Chandragupta Housing Society
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yuvadrishti@gmail.com

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NIRMAL VANI

Dignified Dressing of a Saint

In this issue of Nirmalvani, let us enlighten ourselves with divine advice from Shri Mataji on how we can protect our chakras and maintain our state of spiritual ascent by following simple ways of dressing and grooming in an dignified & auspicious manner. By acting on these assertions from Shri Mataji we can uphold the respect for our body as temple of God

Dressing for Self-Respect

You are saints do you realize? Do you realize your self-esteem? You are saints now. What clothes you wear, you are not vagabonds. You are not tramps. You are not on the street. So you have to wear dignified dress. I have told everyone of you that wear something dignified, not indignified. It has to be majestic, because you are a saint now. You are no more a person running on the street, you are the selected saints by God. So the dress you wear need not be absurd or something funny but should give you dignity. Not any false but a real dignity. You see the vibrations of a dress. Wear your country's dress. You need not wear somebody else's dress or something but the interest in the dress should be that it should give you dignity and a sense of respectability. It is to preserve your respect that you have to wear a dress. That is the utility of a dress. (1)

Actually in the East, people believe that God has given you a beautiful body, and it is to be adorned with the beauty of what human beings have created, just to respect it, just to worship your body. For example now in India people wear, women wear their saris. The saris are expressive of their moods of these women and of expression of their worship of their body, because you must respect your body. Dresses should be such that should be for utility as well as dignity. There is no need to have uniform clothes for Sahaja Yoga at all, you see, I do not like it. There should be variety, as the nature is. Everyone should look a different person. For a puja and all that you may wear something similar, doesn't matter, where your attention need not be on the variety, but outside, you should be a normal person. (2)

Using Natural Materials

Then for a Sahaja Yogi it is important to use things which

are more natural in their character; to give up artificialities, to be more natural. I don't say that you go and take out the roots and eat them, or you can eat the fish raw, I don't mean that. When going too far with things, always you must avoid. But try to lead a life which is more natural; natural, in the sense that people know that there is no vanity about you. Or some people can be the other way

round, you see, they will dress up like a tramp just to attract more attention. I mean they can be both ways, you see. When I find some of the people, you see, coloring their hair and all that. "Natural" means you must wear natural dresses which are suitable to you. (2)

You must use as far as possible cotton and as far as possible silks, or cotton natural things, not artificial things like you'll get into trouble if you use plastics and things like that. (3)

It is very important for Mooladhara to use cotton. You see cotton is better for Mooladhara. With these hard things that you use for the child just grab him down, is very bad, and also one of the reasons is if you dress the Mooladhara like that, then it goes on sides and that creates other problems. (4)

This artificial manmade fiber is very dangerous, it's very bad for their (children's) skin. Why give

this horrible stuff to your children, which you never had? By the time they grow up to your age they will have all blotches on their faces. (5)

Wearing an Undershirt

Then there's another thing, which looks very simple, but many people have a habit in, specially summers, to wear a one single kurta or a single shirt and not the under-shirt. This is also not proper. A man must always have something under his shirt, otherwise when it starts perspiring, he can get trouble into this Heart Center. (Note:- Always wear an undershirt. This applies to men



and women and at all times of the year, warm or cold. An undershirt absorbs sweat and keeps the area around the Heart chakra dry and protected.) (6)

Covering Sleeves & Knees

They're very important Chakras (Shri Chakra & Lalita Chakra) should not even wear sleeveless they should be always covered. All other Chakras we cover, except for Agnya, which we also cover with a kumkum. By that, how many diseases can come. You can get sinus, start from sinus, you can get eye trouble, you can get paralysis of both the hands. You can get also Parkinson's. All sorts of diseases can come. You should never, never expose these Chakras, also the knees. (9)

I'll tell you a story of My own daughter. She went to Delhi and all the girls were having sleeveless blouses. So she asked me, "I want to have sleeveless blouses." She was grown up, she was going to college. I said, "All right, have it, whatever you like". She said, "By the way, why don't you wear sleeveless?" I said, "I feel shy." "Then why should you allow me! This is no criteria. Whatever I ask, you say 'yes' to me. I'm not that grown up." (7)

I've always told ladies that please keep this (Shri Chakra & Lalita Chakra) covered. Its looks so simple, but it's very important. Don't expose this because the power of this should be preserved. They are I should say feminine powers and they are the feminine powers of Shri Krishna, which must be understood that whatever way you respect your body that is the way your chakras are and that is the why you suffer. (8)

I saw My granddaughter was wearing a sleeveless dress. I told her, "Better you shouldn't wear a sleeveless dress." She says, "It's very hot, I feel very hot." She's young. I said, "But see, these are two very important chakras. If you expose them, then you'll have problem." She doesn't like to wear dresses which are above the knee, but she says, people wear even above the knee. I said, "Knees, they are very important chakras, we should keep them closed, otherwise if they are affected, we'll have knee trouble." Immediately she changed - immediately. "Mother, I'll wear blouse from inside and something from outside." Immediately. Because she knew this is a natural primordial taboo that we should not expose ours - these two chakras. (10)

This fashion is to expose the knees; is very dangerous, because you can get both the nabhis, and I am suffering because of them. They open their knees in this cold weather or hot weather, either you catch the right nabhi, or the left nabhi. (11)

Jeans and Tops

In India I've seen people wearing some sort of a, so-called short and a so-called short on top, and moving about, that's stupid because it is indecent. So we cannot wear indecent dresses. We have to wear decent dresses but

which are comfortable and decent. (12)

Here the Mahakali, what does She do? She punishes you. Your body is punished. If you wear very tight clothes, you develop problems of your legs. Anything you do abnormal, you have to pay for it. First you have to pay for doing it and then you have to pay for it physically. So many things can be avoided if we just had a simple life, decide once for all that, I will have this kind of dress for this lifetime, finished. Every day to change, itself, is a headache. But that satisfies the ego, not your Self. (13)



The Sweet Sari

There's no harm in wearing sarees. I think it's very decent dress, and makes a woman look like a woman much more than pants, and those jeans and things like that. (12)

I don't think men know much about art and also their one side is missing is aesthetics. Poor things they make one type of clothes, wear all throughout. Just one type of dresses they will make and that they will make and wear throughout. But women are artistic and if our Indian women give up wearing Saris and take to jeans, where will the villagers go? Because they live with the Saris that they make during holidays and things like that. So in India is not possible to introduce all these dresses; in the school maybe but later on they all give up because they like Saris. So the Saris are still on and will be on because its so artistic it's so beautiful. One Sari doesn't look like another Sari. (14)

Wearing Heels

I have seen those who stand for a long time without the heels, if you use the heels you might be better off. With the heels the pressure is not so much then distributed more to the lower of those five chakras down below that might help.

Sahaja Yogi: Mother you recommended heels, what height?

Shri Mataji: No, no I did not say for all of you. I said for varicose veins or especially for people who develops problems on the heels. There is no height. You just try whatever you can say about one inch will do, from one inch onward. Anything not too much one inch or lower but you see if you develop some sort of a bone on your heels... (19)



Hair

I want you to understand that when you dress up also, certain things I don't like at all, like disheveled hair - at all. That might be a fashion, whatever you do, but I don't like it. Always must be properly combed, properly done hair. These modern things we should give up, of disheveled hair, because this is a sign of pukka [MEANS "REAL"] bhoots coming in. If you have disheveled hair the bhoots recognize a person and they get into such a person, who has disheveled hair. So try to make your hair in a proper ... see now Indians, how they make their hair, look at them.

They all make their hair properly, because - I have nothing to do with your hair, I am not a hair styling person or anything - but if you do not have your hair properly combed and done, then definitely you are in for trouble. So take heed to these things. (16)

See in India, if you have hair like this (on eyes or forehead), the mother will say, "Now remove your 'Jibreyas'[Jhabrey AS IN Jhabrey baaf]. Because if you put like that hair, your eyes can become squinty. But that's the fashion, to put the hair like this you see, very much sometimes on the eyes also. It's absolutely stupid to do that way and to play into the hands of these people who make fashions because you are independent. You must stand on your own character; you must stand on your own understanding of things. Instead of ruining your faces, you should try to improve them by your dignity, by your understanding. (14)

I would request you to clear out your forehead. I mean, open it out. Remove your hair I mean, all the hair. Keep hair away from the forehead. (Note:-There are natural destructive powers placed along the forehead (The Ekadesha Rudras). These powers destroy negativity attempting to enter into our subtle system. Covering forehead can prevent these powers from being effective.)(17)

I have been requesting you to put some oil in your heads at least once a week, but now the fashion is not to put any oil. So you don't want to put any oil on your heads. At least once a week you must put some oil in your heads. That will keep your head cool and also before taking bath, use some oil for rubbing on your hands or on your body. Before taking bath at least for fifteen minutes rub oil on your bodies. (15)

I have told so many Sahaja Yogis something small, that you must put some oil in the night, morning time you wash. But they don't do it! But, by doing that, what happens is that you soothe yourself, you sleep well. Oiling is a very good thing. We need it, all of us, especially in this cold weather, we need it. But they won't put. They neglect themselves. Because they think, they're Sahaja Yogis, they are protected, Mother can oil them. It's not so! You have to look after yourself, as far as the body is concerned, the mind is concerned. (9)

Shri Mataji spoke of the importance of oiling the hair and stressed in categorical terms that all Sahaja Yogis should put little coconut oil on Sahasrara, everyday. Otherwise we will go bald and even those who are bald should out a little on. The Sahasrara is Her charka, though we need not put on as much oil as She, we must put a little. Mother suggested that we start a Sahaja fashion with the hair oiled like this.

Phil Ward

Other dressing basics

I've seen you're very negligent about also covering up yourself (in winters). You must take a shawl all the time. Even if you feel little warm, doesn't matter. But you can take it out, but keep it handy all the time. That's also you get sick, because there's dust everywhere and if you have a shawl around, at least you're protected. (15)

The Essence of Dressing

You have to wear the dress to whatever country you belong, whatever suits you for the occasion. Whatever you think is dignified and good, which speaks for your more elegance and your personality. No clownish things are necessary, no dandy stuff is necessary: simple, beautiful dresses should be worn, which give you dignity. (2)

Also you have to know the auspiciousness of things that you are using, whether it is auspicious or not. At random we buy clothes. At random we buy things. If you could use your vibratory awareness to buy your things to see what you should buy, what would look nice because beauty and auspiciousness goes hand in hand.

You must respect matter in the sense what clothes you wear. Throwing clothes on the ground, throwing here and there, living like a donkey, like a pigsty is not the way a Sahaja Yogi should live. He has to be orderly; he has to respect his clothes. But it should not be that you respect your clothes so much that you throw away others' clothes. (1)

Now the attention should not be also wasted in that "I will today, I will wear this kind of a sari, tomorrow I'll wear that kind of a dress, third day...", because that also spoils the attention. But if it is a decent thing, it's perfectly all right, and that will really make you feel dignified within yourself. (18)

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Meditation with Shri Mataji on Agnya Chakra :

"Now put your right hand on your forehead across. Now here, here, you have to say, first of all, I have to forgive all those who have not come in Sahaja Yoga. Those who are on the periphery, who come and go, jump in and jump out. BUT, first of all and foremost, I have to forgive all the Sahaja Yogis because they are all better than me. I am the one who tries to find the faults with them, but I am at the lowest end and I have to forgive them because I must know that I still have to go very further, I am still much less, I have to improve much further. This humility has to come within us. So you have to say here - Let the humility in my heart, in a true sense, not hypocritical, work out this feeling of forgiveness, so that, I bow to reality, to God and Sahaja Yoga.

Now, you have to put back your hand on the back side of your head, and push back your head here and you have to say here - O Mother! Whatever wrong we have done to You so far, whatever wrong goes in our minds, whatever smallness we have shown to You, whatever way we have troubled You and challenged You, please forgive us. You have to ask for forgiveness. In your intelligence, you should know what I am. I don't have to tell you again and again."

1988-0618: Introspection & Meditation,
Shudy Camps

अनुभव

वे आपको नहीं देखते, किन्तु मैं देखती हूँ ...

संभवतः १९६३ या १९६४ की ग्रीष्म ऋतु की बात है, श्री माताजी वर्साव (पोलैण्ड की राजधानी) में थी और उन्होंने सभी सहज योगियों को अपने होटल में उन्हें देखने के लिए आमंत्रित किया। श्री माताजी ने हमारा स्वागत साड़ियों तथा फूलों से सजे सभागार में किया। वे बहुत ही उदार और प्रेममय थी और बहुधा हम सबके लिए कुछ सुन्दर उपहार भी लाती थीं। मुझे आज भी याद है स्त्रियों के लिए केश आभूषण तथा पुरुषों के लिए अंगूठियाँ।

इसे सरलतर बनाने के लिए माँ ने कुछ स्त्रियों को बुलाया और उनसे इन उपहारों को वितरित करने के लिए कहा। वे श्री माताजी के उपहार को लेकर लोगों को देतीं और वापस श्री माताजी के पास और उपहार लेने जातीं। वे कुछ शीघ्रता में थीं, क्योंकि श्री माताजी ने उनसे यह शीघ्र करने के लिए कहा था क्योंकि माँ चाहती थी कि उनके प्रवचन प्रारम्भ करने से पूर्व हम सभी लोग इन आभूषणों को धारण कर लें। इस तरह की स्थिति में तुरत-फुरत में स्त्रियाँ कई लोगों को कुछ भी दिये गये बगैर सभागार के पीछे तक चली जाती थीं। इन लोगों में से एक महिला जिसे उपहार नहीं मिल रहा था, अत्यधिक उग्र स्वभाव की थीं और हर बार उसके समीप से गुजरती हुई स्त्रियाँ उसे उपहार न देकर उसे और क्रोधित कर रही थीं। वह लगभग अपने पंजे पर खड़ी थी और अत्यधिक क्रोधित थी... तब तक उस पर ध्यान नहीं दे पायीं जब तक श्री माताजी ने उसकी ओर उन्मुख होकर कुछ इस तरह कहा - "कृपया क्रोधित न हों। वे आपको नहीं देख रही हैं, किन्तु मैं आपको देख रही हूँ ..."

उन्होंने यह इतने प्रेम और आत्मीयता से कहा कि कोई भी यह आभास कर सकता था कि वे उस क्रोधी स्त्री से अपनी परम प्रिय संतान की भाँति प्रेम करती हैं और उसको शान्ति तथा निश्चिन्तता देना चाहती हैं। यह घटना मेरे अन्तर मन को छू गयी। मैं इसे अपनी समझ के विकास में एक परिवर्तन बिन्दु मानती हूँ, क्योंकि एक क्षण के हिस्से मात्र में मेरे विश्वास तथा मेरी सुरक्षा की भावना में चट्टान सी शक्ति आ गयी। मैं इन शब्दों को कभी नहीं भूली और जब भी मैं दुखी या आहत होती

हूँ तो ये शब्द ही मेरे दुःख को सहलाने का कार्य करते हैं।

- हानिया

एक टीवी कार्यक्रम

कुछ सहजयोगियों ने Transcendental Meditation (TM) के विरुद्ध संवाद कार्यक्रम आयोजित किया था। यह कार्यक्रम जोकि एक प्रकार की खोजी पत्रकारिता थी, को "क्रीडो" कहा गया तथा इसे एक रविवार को प्रमुख समय 6 बजे प्रसारित किया गया। यह बहुत ही अच्छा कार्यक्रम था जिसमें TM एवं मिर्गी का संबंध बताया गया, EEG तरंगों के माध्यम से, जोकि दोनों में एक सी थीं और कैसे लोगो को भ्रमित एवं सम्मोहित किया जा रहा था। जब यह कार्यक्रम प्रसारित होने वाला था तब श्रीमाताजी अपने निवास स्थान पर इस कार्यक्रम के प्रसारण से जुड़े सहजयोगियों के साथ इसे देखने बैठीं। मैं श्रीमाताजी के श्रीचरणों के समीप ही बैठी थी। इस कार्यक्रम के पश्चात् हम एक प्रसिद्ध भारतीय संगीतज्ञ के कार्यक्रम में साउथ बैंक सेंटर (लंदन) गये।

श्रीमाताजी ने एक काली शॉल पहनी थी और मैं, चूंकि उस समय गर्भवती थी, एक विशेष परिधान में थी। हम श्रीमाताजी के निवास से बाहर आये ही थे कि माँ ने काली शॉल मुझे दे दी और अपने लिए दूसरी शॉल ले आयीं। माँ ने कहा कि भूत इस काली शॉल को देखकर मेरी समझकर तुम्हारे पास नहीं आयेंगे। चूंकि मैं असुरक्षित थी, पूरे संगीत कार्यक्रम के दौरान माँ ने मुझे अपने बगल में बिठाये रखा। बाद में श्रीमाताजी ने कहा कि वे उस कार्यक्रम में सामान्य लंदनवासियों के साथ इसलिए बैठी थीं ताकि वे संगीत के माध्यम से उन पर कार्य कर सकें। माँ ने यह भी बताया कि जब वे करोड़ों लोगों के साथ राजकुमारी डायना की शादी टीवी पर देख रही थीं तब वे उस प्रत्येक व्यक्ति पर कार्य कर रही थीं, जिसका चित्त उस टीवी कार्यक्रम पर था।

- लिन्डा विलियम्स

सम्पूर्ण शक्ति से माँ का गरिमा-रक्षण

लंदन के हीथ्रो हवाई अड्डे पर हुई घटना कोई सुखदायी न थी। वहाँ का प्रत्येक कर्मचारी नस्लवाद से ग्रस्त था और श्रीमाताजी तथा उनके पति जोकि संयुक्त राष्ट्र में एक वरिष्ठ राजनायक थे, को इस नस्लवाद का प्रत्येक बारे जब भी वो लंदन में अथवा

लंदन से यात्रा करते थे, सामना करना पड़ता था।

इस दिन श्रीमाताजी लंदन से जाने वाली थी और उन्होंने मुझे तथा टोनी, जोकि लंदन के आरम्भिक सहजयोगियों में से एक थे, को जाने का समय गलत बताया। उन्होंने संभवतः एक या दो घंटे आगे का समय बताया था। हम उनके साथ पूरे समय थे और जो लोग भी उनको परेशान करते अथवा उनके मार्ग में आते थे, हम उन पर क्रोध करते थे। हमें देर का समय बताना संभवतः श्रीमाताजी का हमें परेशानी में ना पड़ने देने के लिए संकेत ही था। जब हम उस दिन वहा पहुंचे तो उपस्थित सहजयोगियों ने बताया कि श्रीमाताजी का हवाई जहाज जा चुका था और एक अत्यन्त दुखद घटना यह थी कि हवाई अड्डे के सुरक्षाकर्मी ने माँ के साथ दुर्व्यवहार किया था।

बाद में मुझे संदेश मिला कि मैं श्रीमाताजी को फोन करूँ। मैंने फोन किया तब माँ ने मुझसे बातें करी और कहा "बाला वास्तव में सुरक्षाकर्मी ने मेरी पीठ पर प्रहार किया था और तुम्हें बताती हूँ कि उसका प्रहार इतना तीव्र था कि मेरी मेरू द्रव में समस्या उत्पन्न हो गयी।" और आप कल्पना कर सकते हैं कि एक सहजयोगी के लिए यह अत्यन्त कष्टकारी है। श्रीमाताजी वहाँ उपस्थित सहजयोगियों की प्रतिक्रिया से अप्रसन्न थी क्योंकि उनमें से एक के अतिरिक्त कोई भी बचाव में नहीं आया। सभी लोग इस भ्रम में थे कि उन्हें शांत एवं प्रेममय बने रहना है। किन्तु श्रीमाताजी उस समय हमें यह दिखाने कि चेष्टा कर रही थी कि जब भी आपकी माँ पर आघात अथवा उनका अपमान हो तब श्रीगणेश की भाँति ही अपनी सम्पूर्ण शक्तियों द्वारा श्रीमाताजी की गरिमा की रक्षा करनी है। साथ ही श्रीमाताजी इस बात की ओर भी संकेत कर रही थी कि स्वाधीनता के कई वर्षों के उपरांत भी अस्सी के दशक में भारतीय उपमहाद्वीप से आये हुए व्यक्तियों के साथ कितना भेदभाव किया जाता था। इन सबसे बढ़कर सोचने कि बात तो यह है कि एक राजनायक पासपोर्ट रखने वाले सम्मानित व्यक्ति के साथ ऐसा व्यवहार हो सकता था तो प्रतिदिन साधारण भारतीय तथा एशियाई व्यक्तियों के साथ कैसा व्यवहार होता होगा।

- बाला कनेसन

मैं आज भी उन्हें देख सकती हूँ

१९८२ - १९८३ के भारत भ्रमण के दौरान नासिक के बाहर सप्तश्रृंगी मंदिर तक के लिए हमने एक लम्बी चढ़ाई चढ़ी। उपर

चढ़ने तथा नीचे आने में हमें कुल मिलाकर घंटों का समय लगा। हम बेहद गर्मी में वापस आये और चिलचिलाती धूप में खडे होकर बस की प्रतीक्षा कर रहे थे कि एक कार हमारे पास आयी। श्रीमाताजी उसमें से उतरी और कहा हम और हमारे यकृत (liver) दोनों बहुत गर्म है। कार का पिछला हिस्सा खोलकर उसमें से हरे अमरूद तथा झाड़ी में लगे हुए चने निकाले। श्रीमाताजी ने वह हम सबमें बाँट दिया। जैसे ही उसे खाया हमसे से प्रत्येक खुद को ठंडा होता महसूस कर रहा था। मैं आज भी उस स्थान पर हर व्यक्ति के लिए चिंता एवं प्रेम से युक्त श्रीमाताजी को खड़ा प्रतीत करती हूँ।

- गिलियन पाटंकर

महान बनने की क्षमता है

मैंने श्रीमाताजी से पूछा कि क्या वो सब कुछ जान सकती है? माँ ने उत्तर दिया, "मैं सभी विचारों, वस्तुओं, भूत, वर्तमान और भविष्यकाल को एकसाथ जान सकती हूँ परन्तु मैं विचलित नहीं होती। तब बहुत उत्सुकता के साथ मैंने श्रीमाताजी से पूछा उनकी किसी का निदान करने की क्षमता के बारे में तथा लोगों का इस क्षमता में कितना विष्वास है। श्रीमाताजी बहुत ही प्रेम से मुस्करायी तथा धैर्य से कहा, "एक सौ प्रतिशत आपका विष्वास।"

- लिन्डा विलियम्स

प्रत्येक समय जब मैं अपने बच्चों से दूर जाती हूँ

मुझे १९६० का वह समय याद है जब श्रीमाता जी मेलबर्न से जा रही थी। मैं जोर से रो रहा था और अंततः माँ के कंधे पर सुबकने लगा माँ की बाँहि मेरे उपर थी और मैंने उनसे इस तरह टूटने के लिए क्षमा माँगी। श्रीमाताजी ने कहा ठीक है और कहा, "अब तुम यह जानते हो कि एक माँ होने के नाते मुझे कैसा लगता होगा जब प्रत्येक बार मैं अपने बच्चों से दूर जाती हूँ। जब मैं औरो को मेरा इंतजार करते देखती हूँ और उनके अभिवादन को स्वीकार करती हूँ तब यह आन्नद वापस आ जाता है।"

- चेरिल ब्रैडयो

YUVASHAKTI REPORTER

Cabella, 31st July, Tuesday: Yuvashakti gathered in the castle waiting for the opportunity to present Shri Mataji with their invitation and a prayer for the International

Yuvashakti Seminar. Seven YuvaShakti went in representing all the different young yogis that gathered for the seminar from all over the world.

Following letter was presented and read to Shri Mataji

"Dearest most Respected Shri Mataji Nirmala Devi,

Many a time You have looked at us fondly, encouraging us with the light in Your eyes, allowing us to come on stage to worship Your Holy Feet. You have nurtured us, with Your ever flowing maternal Love, waiting eagerly for us to mature into Bhaktas and Messengers worthy of the beauty and magnitude of Your message. As You told us, the "atmosphere is spoilt" and it is indeed challenging for us Yuvashakti to establish the reality of Your light in the hearts of seekers that are lost in the darkness of today's societies.

Many young people have received their realisation but so few have been able to grasp the essence of Your message. It is also challenging for us Yuvashakti, growing up in the confusion of society's chaos, to rise above the temptations presented by the six enemies of the soul. Dearest Shri Mataji, that is why we have gathered here, so many, today in Cabella for the Pujas and our International Yuvashakti Seminar. We humbly pray with dedicated devotion that the innocence of Shri Nirmal Ganesh be firmly established within our souls, our hearts and our minds. We pray that this innocence manifests in our eyes and that it brings warmth to the hearts of seekers that have been frozen by the mistakes they have made in ignorance. We pray that You give us the words that will touch their souls, allowing us to connect to them directly, inviting them into your Darbar. We pray that the Love we have for each other reflects the boundless Love that You have for us individually.

Shri Mataji we thank You for Your attention and we thank You for your protection. You have given us Your heaven and crowned us with Your Love. We realise that we can only thank You by helping those of Your children that are lost, to find Your divine reality in their hearts.

Shri Mataji we pray for Your inspiration and for Your silent guidance and we desire to do justice, as best we can, to the LOVE You have given us. We pray to be such that You look upon us with the pride of a Mother who sees Her sons and daughters growing from saints into true Sahaja Yogis.

Your children, Your Yuvashakti "

Shri Mataji asked who had drawn the graphics for the invitation and exclaimed how beautiful the picture was.

Shri Mataji said that the invitation letter was beautiful and very touching. She said it made Her feel goose bumps as She touched Her left arm with Her right. Mother commented on the reading of the prayer and said that it was spoken very well and that the english was very good. Shri Mataji was then offered a gift of perfume from Dubai and accepted anointment on both Her left and then Her right wrists.

Shri Mataji asked the Yuva Shakti what size and how tall they were. Kurta pyjama and saris were sweetly given to everyone present in the room. She took special care and attention that everyone had been given a kurta and sari that was correctly fitted and playfully made sure each Yuva liked the colour they had been given. Shri Mataji gave Her blessings.

Sir C.P. asked for the Yuva Shakti invitation card and was again presented to Shri Mataji who held it in Her hands. One of the Yuvas narrated to Shri Mataji the events that had taken place during the day at the seminar. She was informed that the Yuva Shakti had watched Her talk given at Shri Ganesh puja on the subject of chastity in Brighton, 1985. Shri Mataji replied "Very good idea." Shri Mataji said that "Only with Sahaja Yoga can you know yourself. You have to do Sahaja Yoga seriously to know yourself."

A beautiful photograph of Shri Mataji with a corniced gold leaf frame was then offered. Shri Mataji remarked how beautiful the photo was and asked who had taken it, expressing Her pleasure and joy.

Shri Mataji asked if there were more Yuva Shakti who would be coming to the castle. Mother was informed that there were 300 Yuva Shakti who had gathered for the seminar from every country, to which she expressed astonishment at the number. She was also informed that the age group was from 16 until 27 and that they were all Yuva Shakti; the younger children were attending the Daglio camp. Mother continued to express Her contentment and satisfaction throughout. Shri Mataji asked who is the leader of the Yuva Shakti and was informed that there was none and that the Yuva Shakti were just one large collective.

Mother was informed that the Yuva Shakti were preparing bhajans and qawwalls for Her. The Yuva Shakti bowed down to Shri Mataji and She gave all Her blessings.

International Yuvashakti Seminar 2007 (31st July - 3rd August)

31st July, Tuesday:

The Yuvashakti Seminar began with three mantras of Shri Ganesha. Then a talk of Shri Mataji of 1985 that was given in Brighton was played. The main theme of the tape was importance of chastity.

Before the speech, Yuvashaktis were split into groups according to the colour of their shirts and given three discussion guidelines:

- 1) What surprises you the most about this speech of Shri Mataji?
- 2) What compromises do you make with your chastity to integrate in society?
- 3) What reasonable changes can you make to your lifestyle to better reflect the guidelines set down by Shri Mataji?

Following the talk circular groups were formed in which free discussions took place. Everyone was encouraged to freely voice their opinions. This lasted for about an hour. After the lunch break, one person per group gave a presentation on the discussions that had taken place.

It was gratifying to see that so many yuvas had taken Shri Mataji's speech to heart and had genuinely expressed themselves in their respective groups. One boy remarked that he had found himself in a dilemma – it was the first time he was listening to a speech of Shri Mataji that so powerfully conveyed the importance of chastity and his problem was that he had a girlfriend. He was asking for help because he did not know what to do

Other yuvas indicated that hearing this particular speech of Mother had a profound effect on their understanding of themselves and the fundamental importance of their chastity. They considered it as a turning point in their lives.

1st August, Wednesday:

The day began with a collective meditation followed by a talk from Uncle Wolfgang about the work which the Centre for Evolutionary Learning is doing to spread Sahaja Yoga in the world of business and politics. The upcoming UN Conference for young people was discussed and Yuvashaktis were given guidelines on how to participate. It was suggested that individuals could do research projects with children globally. For example - to see how Sahaja Yoga could reduce stress levels in young children and reduce other health problems.

We then came to the main topic of the day – 'How to spread the message of Sahaja Yoga using the internet?' First uncle Djamel Metouri spoke about the potential of using Skype in order for Sahaja Yogis to participate in collective global meditations. Further, he highlighted the importance of learning English in order to understand Shri Mataji's talks in Her own words and to strengthen our collective bonds.

The Yuvashaktis were then split into groups according to the language of their country and asked to come up with ideas for short video clips. These clips are then going to be uploaded onto Youtube (www.youtube.com), an internet site that provides a platform for any individual that wants to upload a video. The aim for each video clip is to convey a message prompting interest in Sahaja Yoga, thereby encouraging people to visit the official Sahaja web site. During the afternoon, ideas from the different country groups were presented.

Then, in the evening a joyful and vibrant programme was given by the International Yuvashakti in the hangar, including a diverse array of dance and music performances.

2nd August, Thursday:

Day three began with music meditation led by Dr Arun Apte. He demonstrated to the powerful connection between sound, silence and meditation and how primordial sounds help us to reach thoughtless awareness. Dr Apte interactively demonstrated taught the relationship between each note and its corresponding chakra. Some of the Yuvashakti boys related to all of us the tremendous words Mother had spoken to them on the previous evening.

Afterwards Dr Brian Wells gave a short lecture on drugs awareness and how it affects the addicts. Dr Wells was followed by Dr David Spiro who spoke about different techniques we can use to clear ourselves, focusing primarily on balancing the left and right sides. There was also a Q&A session.

In the afternoon uncle Sandeep and uncle Sanjay spoke to Yuvashakti about protocol towards Shri Mataji and amongst each other. They told us that the best way we can grow in protocol, bhakti and dedication is through meditation.

The topic of boyfriends and girlfriends was brought up by questions that were asked by some of the Yuvas. Our uncle's response was unequivocal and welcomed by many. Indeed, uncle Sanjay compared the fact that carbon will always have four valences to the fact that in Sahaja, brother-sister relations always had to be pure and that this was an eternal Divine law on which one cannot compromise.

Uncle Bogdan and uncle Zafar, spoke about the dharma, chastity and protection between brothers and sisters. Aunty Sadia and Aunty Brigitte shared their wisdom with us on how to dress to protect our chakras and thus respect our chastity. The day ended with an exchange of vibrations.

3rd August, Friday:

Heeding the concerns expressed by Shri Mataji when She received the Yuvashakti on Tuesday, everyone decided to focus the end of the seminar on working on America with

their attentions. First, Yuvashakti listened to Shri Vishnumaya talk of Shri Mataji that was given in New York. Then collectively, 108 names of Shri Krishna were taken while focusing attention on America.

After that the following mantra was taken 16 times by everyone present –

"Shri Mataji, we desire that Americans recognise your message of KNOW THYSELF".

Meditation ended by inviting Mother's feet into our hearts and praying three times together –

"Shri Mataji may Americans forget money and worship your Lotus Feet."

Then everyone moved to the river bank where collective shoe-beating of seven predominant negativities (immorality, Hollywood, parental indifference, overactive right-side, lack of discretion, materialism and false gurus) that are afflicting America was done. Then everyone said Allah-hu-Akbar" while looking at Mother's castle.

Everyone then gathered for a collective photo which marked the end of our seminar.

India Around Us

Issue#1

In light of recent events, the education system in India has been exposed badly as it endorses caste based reservation. With reservation some people are granted admission privileges because of their background. Apart from Reservations, bribing the university official, leaking of the exam question paper, relatives/relations of influential people getting easy admissions etc create an environment of unjust and biased society where deserving students don't get through.

Suggestion

We can pray to Shri Mataji that Her Shri Saraswati power

bless the education system of India, where admission is granted on the basis of merit and not on preference. We can give a bandhan for this issue.

Issue#2

Being a doctor is considered as a noble profession in India. But soon, this impression is going to shatter. With so much private hospitals and clinics mushrooming, doctors no longer see patients as a person in need but as a client from whom they have an opportunity to extract money. Innocent people who visit private hospitals for treatments are slapped with hefty bills in the name of treatment and the guarantee of getting curing is not there. The honesty and service to mankind, which are integral moral values of a doctor, are soon forgotten before the charm of money.

Suggestion

We can pray to Shri Mataji that Her Shri Dhanvantri power bless the medical fraternity and system of India. By Her blessing may this money madness of doctors be removed from the basis. We can also shoe-beat for this issue.

Issue#3

Female feticide is one of the black spot on Indian culture, where children are loved and cared so much. Due to traditional conditioning in the minds of the people, there is a preference of male child than a female child. If women are less in the society then there cannot be growth as a woman is the Shakti.

Suggestion

Clearly, this is a negativity acting through the conditioning of the people. Therefore, we can pray to Shri Mataji that Her Shri Ganesha form remove this negativity from the basis and bless the people of India so that they can come out of this ignorance. We may also burn this issue by an *ahuti* in a havan.

Collectivity doesn't mean that we should all stick together

"The joy we feel during music recital is because Kundalini is dancing. She gets happy, because you ask for nothing but enjoyment of collectivity. Collectivity doesn't mean that we should all stick together. Collectivity means wherever you are, you are connected. When you are connected you love that person and are concerned about that person. The connecting line is of love and not of hatred. But people will live together and break each other's head. That is because they are nowhere near the real growth of Sahaja Yogis. You may be in any part of the world but you are connected and are concerned. As soon as there is a problem in any part of the world, you are connected and effective and you can manage. People don't really understand the meaning of collectivity. Where there is not the other- **Ananya**. There is no other personality. These personalities are separated from you because of left and right or both. You are yourself fully connected when you are absolutely detached and your Kundalini is dancing. You are alone and never alone. This oneness with the other gives you all the security and the joy you want. That's why the Kundalini awakening means collectivity. Unless and until you want pure collectivity in your being Kundalini won't rise".

Kundalini Puja, Germany, 1991

POWER OF WOMEN

"Behind men you are the source of power, you are the one who can make Sahaja Yoga perfect, you are like this mother Earth who has to give you all the beautiful things and your guru is women who is source of all knowledge and is ocean of knowledge then why should you be left behind, when in all directions you are equal why not in Sahaja Yoga which is source of love."

A Woman is like Mother Earth - so simple yet immensely tolerant and patient. Like Mother Earth, a woman is blessed with the power to give birth. Her humble behavior culminates from Divine grace of goddesses Parvati and Durga. She is the one who is bestowed with power to rebuild and enforce ethics in society.

As Devi, a woman symbolizes both Ati Somya and Ati Rudra aspects; she has enormous potential to nourish as well as destroy anything in the universe. But she only manifests them as and when the need arises.

As Shakti, women play an important role in the universe. This fact is embodied in one of the names of Lord Shiva, Ardhnareshwar, where Shri Shiva and Shri Shakti are shown as one. They cannot work without each other because Shri Shakti is principle of Shri Shiva and without Shakti there is no Shiva. Shri Mataji has said, "Women are shaktis and they are emotions and desires of whole world. It is with their pure desire they can work out great things not only in them but also for others. There is great responsibility on mother because mother makes the heart of child. She can make tigers out of goats like Jijabai who was mother of Shivaji, the saint and great warrior. Even the mother of Duryodhana, Gandhari, gave this blessings to her son 'Victory to Righteousness'. She was pious women and believed in truth. She could have been selfish and could have blessed her son but she could see the truth and untruth and her blessings lead to the victory of Pandavas who were with truth."

"But the mother who is your own mother, whom you know as your own mother, who gives you physical birth, is the mother who gives you much more than you know of. Because her blood has a vibration and when she gives you her blood, she gives you her vibrations. She gives you

her sustenance, she gives you her desire and also she gives you a push in your evolution, if she is an evolved person. Now in the relationship of mother and child, the mother gives a lot. She makes your complete left side. She creates all the left side in you because she had desired you so she creates that. On the right side she gives you all the beauty of delicate things and also the hunches that you get in your business. "(Can we mention references of lectures from which these quotes r taken. Atleast for the larger quotes)



A woman is the strongest person of household, like Mother Earth she takes all the problems upon herself because she is the strongest power who can withstand this kind of weight on her. Shri Mataji has said that, "Motherhood is the highest gift of divinity, any race that does not have superior mothers cannot exist. Any race, which does not have mothers of great quality, cannot exist. The mothers have to look after preservation, not only of their children, but also of the whole race, of the whole nation. It is very important thing & wherever the mothers have failed the nations have failed. If the mother themselves are selfish, small minded the whole nation will follow the path. Everything passes through the mother to the children." A woman

is not only a mother to her own children but to the whole society. The greatness of Indian culture rests on women, because they maintain the society. She is the thread which keeps all the pearls together.

Shri Mataji says that the whole power of your mother is love. She has also said that her powers are love, compassion, affection and forgiveness. In the Vishnu Purana, Lord Vishnu asserts "I am more powerful when, (I) take the form of (a) woman" and as a woman Shri Mataji is nurturing the whole universe, even while being is beyond the form of woman.

The nature of women's role is such that it involves sacrifice. However, it has never been about giving up under compulsion, rather it is concern for others and love that drives sacrifice by Indian women. For example, when Shri Sitaji was asked to leave Ayodhya by Shri Rama, She did not worry about how She would live alone in the jungle. She sacrificed Her comfortable life at the palace for the sake of Her husband's 'maryada' (reputation). She even refused Shri Ram's suggestion of Ayodhya's Prime Minister to accompany Her to the jungle, keeping in mind that the affairs of His kingdom should not be neglected. She independently and fearlessly brought up Her two brave sons -Luv and Kush. Later, Shri Luv & Kush captured the horse of Ashwamedha Yagnya and defeated the armies of Shri Ram, led by Shri Laxman and Shri Hanuman. Such fearlessness and bravery stunned Shri Ram and He expressed a desire to meet the brave ones. He was even more surprised to find that the two young boys were His own and that they had been trained in the art of warfare by Shri Sita Herself. Such is the Power of Mother.

The power of women in Sahaja Yoga or sahaja-yoginis can be summed up by the following words of Shri Mataji's, "Women should not compete with man, because she is the source of all power, which her family is getting. All family members children, husband and society is running through this power. This is the Power of love." In Sahaja Yoga, this power further increases through meditation.

So to become powerful women need to meditate, they have to be very deep in connection with their inner spirit (Shiva Tattwa). They should meditate to solve out each and every problem, not only of their family but all the problems of the society and world. Through meditation nothing will be impossible for them. Nothing can deter them from their way just like the brave Ahilya Bai. It was only through her deep spirituality, her dedication that Shri Savitri was able to bring her husband back from Yama's door.

'Yatra naryastu pujayante ramante tatra devta
Yatraistu na pujante savastatraphala kriya'

"Where women are respected, there resides all the gods and bless the whole family with their blessings. And where they are not respected even religious ceremonies

become futile"

One of such great women to be born was Mukta Bai whose story is described below...

MUKTABAI

Maharashtra has always been the land of saints and sages. Its history and culture is inextricable with spirituality. One such great saint was Shri Muktabai, the sister of Saint Gyaneshwar. She was a great comfort to her brother Saint Gyaneshwar. From the tender age of six when their parents were compelled by the society to commit suicide to secure the respect of the children, she was like the mother to him, soothing, counseling and encouraging him. When upset by the people's egos, Gyaneshwar would withdraw himself into the hut and she would compose inspiring abhangas consoling him, that a saint should not be disturbed by the petty follies of the world.

*"The one pure in mind forgives everything.
The world is a simple piece of cloth
Woven with one thread of the Lord,
So come out, O Gyaneshwar."*

A popular abhanga (devotional song), sung often in Pune district, records the meeting of Muktabai with Saint Namadeva in the shrine of Vitthala at Pandharpur.

A great devotee of Lord Vitthala, Saint Namdev prided himself in being dearer to the Lord since he always stayed at the Vitthala shrine. Muktabai wanted to shake off this illusion and refused to salute him, saying that by merely staying in a temple one doesn't get Self-Realization. A discussion followed and it was finally agreed to put the matter to the renowned Saint Gora Kumbhar, the potter. During the evening Kirtan, Gora Kumbhar tested Namdeva with a strip of wood. As he drew the strip towards Namadeva, he got angry. So Gora remarked that that Namdeva was still a raw pot and needed the guidance of a Guru. Gora recommended him to Visoba Khechar, a disciple of Saint Gyananeshwar. It is said that when he went there he got his Self-Realization. He had a miraculous revelation that no place was devoid of the Lord's presence in the universe. Namdeva was overwhelmed with divine love and his ego completely melted.

Answers of Use your Vibrations (pg 7, June Issue)

1. Left Heart
2. Left Nabhi and Right Mooladhara
3. Right Swadhishtan
4. Left Vishuddhi
5. Right Heart and Centre Vishuddhi
6. Thames (England)
7. Descent of Shuddh Ichha
8. Bhaya Kaya Taya
9. Left Void
10. Delhi - Right Heart, Mumbai - Left Nabhi, Kolkatta - Centre Heart, Pune - Kundalini

ब्रह्मपुरी - भविष्य का महातीर्थ

पुणे से लगभग १०० कि०मी० दूर सतारा जिले में कृष्णा नदी के किनारे ब्रह्मपुरी गाँव के पास चैतन्य का एक शक्तिशाली स्रोत है। यह वही स्थान है जिसे विभिन्न कालखण्डों में श्री सीता, श्री मेरी और वर्तमान काल में श्रीमाताजी के दिव्य चरणों ने पावन किया है। यह वह स्थान है जहाँ पर आप परमात्मा के साथ अकेले होते हैं और आप आत्मा की गहराई में डूब सकते हैं। यह बहुत ही विशिष्ट स्थान है क्योंकि कई बार श्री माताजी ने अपनी विभिन्न सभाओं के द्वारा आशीर्वादित किया है। बहुत से सहजयोगियों को इस स्थान की याद उस चित्र से होगी जिसमें श्री माताजी नदी के पत्थरों के बीच सफेद साड़ी पहने खड़ी हुई हैं।

ब्रह्मपुरी का इतिहास अनेकों अर्थपूर्ण संकतों एवं उत्कृष्टताओं से भरा है। योगशास्त्र के अनुसार ब्रह्मपुरी नाम का तात्पर्य ब्रह्मा के वास, वृत्त अथवा निवास स्थान से है और सहस्रार चक्र को भी ब्रह्मपुरी ही कहते हैं। इसका

वर्णन मार्कण्डेय पुराण में भी है जहाँ इसका वर्णन भगवान ब्रह्मा के नगर जो कि स्वर्णिम पर्वत मेरु-पर्वत राज और पृथ्वी गृह का आधार है जो भारतीय उपमहाद्वीप के पौराणिक नाम जम्बुद्वीप में है - के रूप में किया गया है और यह नगर ब्रह्मपुरी इन्द्र एवं सात अन्य देवताओं के नगरों से घिरा हुआ है। ऐसी मान्यता है कि ये स्थान प्रकृति में सूक्ष्म रूप से स्थित है और इनको खोज पाना सुगम नहीं है।

देवी का आदि स्थान

इस छोटे किन्तु दिव्य स्थान के साथ अनेकों किंवदंतियाँ जुड़ी हुई हैं। ब्रह्मपुरी से कुछ किमी० की दूरी पर पटेश्वर है जो कि

समतल चोटीवाला एक ऊँचा पहाड़ है। यह वही स्थान है जहाँ पर दिव्य लीला का एक महत्वपूर्ण हिस्सा- राजा दक्ष प्रजापति का महायज्ञ हुआ था। कथा कुछ इस प्रकार है - यद्यपि सभी देवी-देवताओं को महायज्ञ में आमंत्रित किया गया था तथापि राजा ने अपनी पुत्री उमा तथा उनके पति परमेश्वर शिव को आमंत्रित नहीं किया क्योंकि राजा, भगवान शिव को अपने पुत्री के योग्य स्वीकार नहीं करते थे और उनका अपमान करना चाहते थे। यद्यपि देवी उमा अपने पिता के घर पर इस समारोह में गईं किन्तु उनके पिता ने उनकी ओर कोई ध्यान नहीं दिया और हर अवसर पर उनका और भगवान शिव का अपमान किया। अपने



स्वाभिमान तथा अपने पति के महानता की रक्षा के लिए देवी उमा ने अपनी बलि चढ़ाने का निश्चय किया और स्वयं को महायज्ञ की अग्नि में होम कर दिया। अपनी पत्नी के बलिदान को देखकर क्रोधित भगवान शिव ने ताण्डव नृत्य प्रारम्भ किया और

अग्नि से देवी उमा के शरीर को खींच लिया। नृत्य के दौरान देवी के शरीर के कुछ हिस्से भारत वर्ष के अनेक हिस्सों में गिरे जो शक्तिपीठ के रूप में स्थापित हुए। इन बावन शक्तिपीठों में से साढ़े तीन महाराष्ट्र में है। पटेश्वर मूल स्थान है जहाँ आदि पीठ स्थित हैं। स्थानीय किंवदंती है कि भगवान श्री ब्रह्मा जब पटेश्वर में महायज्ञ में आए तब वे ब्रह्मपुरी में रहते थे। ऐसा भी कहा जाता है कि सतयुग में देवी-देवता यहाँ पर अपने दिव्य उत्सवों (ब्रह्म सभाओं) के लिए मिलते थे।

संयोग से सहजयोग के आरम्भिक वर्षों में कई गोष्ठियाँ (सेमिनार) ब्रह्मपुरी में ही हुईं। इन अवसरों पर ब्रह्मपुरी से

यात्रा के दौरान बार-बार श्री माताजी ने पटेश्वर पर्वत के प्रकाश की ओर इशारा करके इस स्थान की आध्यात्मिक महत्ता तथा आदिशक्ति से इसके सम्बन्ध की ओर संकेत किया है।

यह भी ज्ञात है कि प्राचीन काल से ही तपस्वी और योगी यहाँ रहते थे और ध्यान करते थे। नदी के बायें किनारे पर “भवानी नहानी” नामक भवानी देवी का स्नान स्थल है और इससे मात्र ३० मीटर की दूरी पर एक बहुत छोटा किन्तु चैतन्यपूर्ण श्री भवानी का मन्दिर है। स्थानीय लोग कहते हैं कि इस स्नान-स्थल का पानी रोग निवारक है, विशेषकर चर्मरोगों के लिए।

अपने वनवास के समय श्री सीता और श्री राम ब्रह्मपुरी में रुके थे। रोचक है कि श्री सीता भी स्नान के लिए भवानी नहानी का ही प्रयोग करती थीं और इस नहानी के समीप एक चट्टान है जिसे श्रीमान शिला कहा जाता है। बाद में श्री समर्थ रामदास (जो कि श्री हनुमान के अवतरण थे) को कृष्णा नदी के गहरे पानी में श्री सीता-राम और देवी आंग्लाई की प्रस्तर मूर्तियाँ मिलीं। श्री माता जी ने स्वयं आंग्लाई शब्द का वास्तविक अर्थ बताया है - आंग्ल+आई त्र आंग्ल लोगों की माँ (अर्थात् पश्चिमी), या माँ मरियम! उन्होंने आगे कहा कि चूँकि उनकी माँ (श्री मेरी) यहाँ इस स्थान पर रहीं हैं अतः पश्चिमी लोगों को यहाँ आकर सहजयोग का अनुकरण करना चाहिए।

ब्रह्मपुरी में मुख्य मंदिर विट्ठल रुकमणी का है और कृष्णा नदी जो कि ब्रह्मपुरी से गुजरती है श्री कृष्ण की शक्ति को उद्घाटित करती है। कहा जाता है - महाभारत काल में पाँचों पाण्डव ब्रह्मपुरी के निकट पटेश्वर में रुके थे। यहाँ उन्होंने तपस्या की और दुराचारियों और कौरवों से युद्ध में विजय प्राप्त करने के लिए शक्ति अर्जित की। इस प्रकार से पाण्डवों और श्री कृष्ण का संबंध भी इस भूमि से है।

ब्रह्मपुरी में सहजयोग

ब्रह्मपुरी पर श्री माताजी की आशीर्वादित दृष्टि और उनका इस तरह के स्थान को ढूँढने का प्रयास सन् 1970 से प्रारम्भ हुआ जब श्रीमाताजी राहुरी आया करती थीं। अंततः अभिक्षित स्थान मिला और सन् 1984 में श्रीमाताजी ब्रह्मपुरी आईं। उस समय यह एक जंगली स्थान था, जहाँ एक साधारण सा घर था

जिसमें आदि माँ रहती थीं और सहजयोगी उद्यानों में रहते थे। श्रीमाता जी 1984 से 1990 के बीच में पश्चिमी साधकों के साथ छः बार ब्रह्मपुरी में रुकी, जहाँ उन्होंने उनकी माँ और गुरु की तरह सहजयोग की प्रारम्भिक दीक्षा दी और बार-बार जोर देकर कहा - “ब्रह्मपुरी मेरा स्थान है।”



ब्रह्मपुरी में छः पूजाएं हुईं और जो सहजयोगी इसमें आये थे, वो उन अद्भुत एवं दैवी घटनाओं को आज भी याद करते हैं। एक पूजा सीधे कृष्णा नदी में हुई थी। श्रीमाता जी एक बड़ी चट्टान पर बैठी थीं और सहजयोगी बहते हुए सरिता जल में उनकी पूजा कर रहे थे। दिसम्बर 1990 में ब्रह्मपुरी में अपनी आखिरी यात्रा के समय, सहजयोगियों ने पुनः श्रीमाता जी की पूजा उसी स्थान पर सरिता तल पर की। वातावरण ऐसा हो गया था मानो सभी देवी-देवता उस अवसर के साक्षी बनने के लिए एकत्र हुए हों। एक बार जब श्रीमाता जी ब्रह्मपुरी में देर शाम से पहुंची तो उन्होंने सहजयोगियों से कृष्णा नदी के मधुर संगीत को सुनने के लिए कहा और कहा कि वह श्री कृष्ण की शक्ति हैं जो आदि शक्ति का स्वागतगान कर रही हैं।

श्रीमाता जी की अनुकम्पा से एक न्यास (ट्रस्ट)-श्री विश्व निर्मल धर्म चैरिटेबल ट्रस्ट, सतारा का पंजीकरण वर्ष-२००३ में हुआ। स्थानीय सहजयोगियों ने आवश्यक निधि का संचय

किया और तीन अत्यंत महत्वपूर्ण एवं चैतन्य से परिपूर्ण स्थानों को अधिगृहीत करने में समर्थ हुए। न्यास का एक मात्र उद्देश्य साधकों हेतु एक ऐसा परिसर ब्रह्मपुरी में कृष्णा नदी के किनारे बनाना है जिसमें समस्त आदि देवियों के मंदिर, श्री आदिशक्ति निर्मला देवी का मंदिर आश्रम एवं अन्य सुविधाएं उपलब्ध हों।

नदी के बांये किनारे पर स्थानीय सहजयोगी पहले से ही एक आश्रम बना चुके हैं। यह आश्रम वहाँ आये हुए सहजयोगियों के लिए विश्राम स्थल का कार्य करता है। शीघ्र ही वहाँ पर एक निर्मल नगरी स्थापित करने की योजना है, जिसमें नदी के दाये किनारे पर पहाड़ी के ऊपर बाँस की कुटियाएं बनाई जायेंगी। स्थानीय योगियों ने वहाँ पर लगभग ७० प्रजातियों के पौधों एवं वृक्षों को रोपा है ताकि न केवल ध्यान की गहराई का आनन्द मिले, अपितु आयुर्वेदिक औषधि एवं प्राकृतिक सानिध्य भी मिले।

ब्रह्मपुरी यात्रा - एक व्यक्तिगत अनुभव

कई सहजयोगी दिसम्बर 2006 में महाराष्ट्र दौरे पर थे। सहृदय सहजयोगियों ने इस कार्यक्रम को अत्यंत रोचक बनाते हुए हमारे समक्ष भारत की विभिन्न मनोदशाओं का चित्रण मंदिरों, गाँवों, पर्वतों, झीलों, नगरों और विभिन्न स्वयंभुवों तथा रोचक स्थानों के माध्यम से किया और सहसा ही चैतन्य और परिदृश्यों के इस चित्र में उन्होंने हमें स्वर्ग के द्वार-ब्रह्मपुरी- पर खड़ा कर दिया। श्री किंजाले के स्वागत अभिभाषण के पश्चात् सब लोग पन्द्रह मिनट के जलक्रिया सत्र पर कृष्णा नदी पर गये। मिनट-घण्टों में परिवर्तित हो गये और 150 जोड़ी योगियों के पैरों के साथ महाजल क्रिया हुई, जोकि आयोजकों के लिए थोड़ा सिरदर्द थी क्योंकि हमारे समक्ष एक व्यस्त कार्यक्रम था किन्तु कोई भी इसे छोड़ना नहीं चाहता क्योंकि वहाँ जाकर हम कालातीत हो जाते।

ब्रह्मपुरी तक कैसे पहुंचें ?

ब्रह्मपुरी जाने के लिए आपको सतारा जिला केन्द्र, जो कि ब्रह्मपुरी से २५ किमी. दूर है तक जाना होगा। पुणे से दो घण्टे तक की यहाँ की यात्रा के लिए बसों की सुविधा उपलब्ध है। यहाँ से ब्रह्मपुरी के लिए किराये पर वाहन मिलते हैं। सहजयोगी आश्रम में शुल्क अदा करके रह सकते हैं। शुल्क दर इस प्रकार है :-

रात्रि प्रवास रु. 150/-, सुबह का नाश्ता और चाय रु. 10/-, दोपहर भोज एवं रात्रि भोज रु. 25/- प्रत्येक (भोजन का मूल्य अलग है क्योंकि कुछ योगी खाने की इच्छा नहीं जाहिर करते।)

किसी अन्य जानकारी के लिए श्रीमान् किंजाले को निम्नलिखित ई-मेल पर संपर्क किया जा सकता है - vishwanirmaladham@indiatimes.com

ब्रह्मपुरी से वापस कैसे आया जाये ?

यह असम्भव है, क्योंकि आपकी आत्मा सदैव सर्वदा के लिए आदिशक्ति श्रीमाताजी निर्मला देवी के चरण कमलों की वंदना में पूर्ण समर्पण के साथ वहीं रह जाती हैं।

सबसे रोचक आने वाली परियोजना आदिशक्ति श्रीमाताजी निर्मला देवी के मंदिर निर्माण की है जो कि विश्व इतिहास में सर्वप्रथम है। मंदिर बनाने का विचार सन् 1983 में तब आया जब सहजयोगी श्रीमाता जी के साथ ब्रह्मपुरी से 30 किमी. दूर स्थित श्री सीताराम मंदिर गये थे। यह मंदिर श्री समर्थ रामदास द्वारा कृष्णा नदी की गहराईयों में पाई गयी मूर्तियों के कारण प्रसिद्ध है। इससे प्रेरित होकर तथा आदिशक्ति का आशीर्वाद लेकर कई वर्षों के पश्चात् इस योजना को प्रारम्भ करने का अवसर आया है और ब्रह्मपुरी की यात्रा का यह उचित समय है, जब हम समस्त आदिपीठों, जहाँ श्री आदिशक्ति माँ की पूजा हुई है, वहाँ पर जाकर ध्यान की गहराईयों का आनन्द ले सकते हैं।



Kid Shakti Page

Nabhi Chakra

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



Shri Lakshmi and Shri Narayan or Shri Vishnu are deities at Nabhi Chakra. Shri Vishnu is the Father principle and preserver of Dharma and the Creation. This aspect of God is responsible for our ascent and evolution. He incarnated ten times. Shri Lakshmi is Goddess of wealth, prosperity, health and well-being. To develop this principle we have to be generous, supportive, helpful and respectful towards others. Color the following picture of Shri Lakshmi.



उत्तरांचल आत्मसाक्षात्कार दिवस

हम सभी की शुद्ध इच्छा और परम पावन माँ के आशीर्वाद से यह आभास किया गया कि श्री माता जी का संदेश प्रत्येक की सहभागिता द्वारा सामूहिकता तक पहुँचे, किन्तु इसके पहले यह निश्चित किया गया कि विभिन्न शहरों में सहजयोगियों के बीच पारस्परिक संचार तंत्र मजबूत हो और कार्यक्रमों के विषय में एक ऐसी रणनीति विकसित की जाए कि इन कार्यक्रमों का अनुवर्तन सुचारू रूप से प्राप्त तथा सम्प्रेषित हो सके। राज्य की संयोजक समिति (१४ सदस्यीय जिसमें तीन राज्य संयोजक भी सम्मिलित) श्री माताजी की अनुकम्पा से नवम्बर २००६ में योजना तथा कार्यप्रणाली पर विचार विमर्श करने तथा उसे अन्तिम स्वरूप देने के लिए हरिद्वार में एकत्रित हुए, जहाँ पर सहजयोग के विभिन्न पक्षों पर भी विस्तृत रूप से चर्चा की गयी।

परिणामस्वरूप “पोषित केन्द्रों” के विचार का जन्म हुआ, जिसमें संयोजक समिति के प्रत्येक सदस्य को दो नगर केन्द्रों के साथ जोड़ दिया गया। यह निश्चित किया गया कि हर सदस्य अपने पोषित केन्द्र के सम्पर्क में रहेगा और वहाँ की सामूहिकता की समस्याओं को देखेगा तथा उन केन्द्रों से सम्बन्धित समस्त सूचनाओं के एकत्रण तथा अग्रसरण के लिए उत्तरदायी होगा। संयोजक समिति के सम्मेलन में लिये गये किसी निर्णय अथवा राष्ट्रीय न्यास (ट्रस्ट) की कोई सूचना जो कि उस केन्द्र से सम्बन्धित है, वहाँ के नगर केन्द्र को प्रेषित की जायेगी और सदस्य यह सुनिश्चित करेगा कि सम्बन्धित घोषणायें केन्द्र में की जायें। आगे सभी संयोजक समिति के सदस्यों से अपेक्षित है कि वे एक ई-मेल परिचय रखें, जिससे सूचनाओं का प्रवाह अल्पव्ययी तथा द्रुतगामी हो।

इस व्यवस्था के तैयार होते ही अब बारी थी कि नगर के संयोजकों और संयोजक समिति के सदस्यों का एक सम्मेलन होने की, यह सम्मेलन १४ जनवरी २००७ को मकर-संक्रान्ति के पावन अवसर पर देहरादून में हुआ। दूरस्थ स्थानों से अपना समय निकाल कर आये हुए विभिन्न संयोजकों के इस सम्मेलन में यह निश्चित किया गया कि फरवरी २००७ से प्रत्येक माह के दूसरे शनिवार को “उत्तरांचल आत्मसाक्षात्कार

दिवस” होगा। यह भी निश्चित किया गया कि नगर केन्द्र अपने संसाधनों का प्रयोग करके एक छोटा सा जन कार्यक्रम आयोजित करेंगे। इस तरह से यह आभास किया गया कि इसमें कम वित्तीय भार प्रत्येक की सक्रिय सहभागिता के साथ एक सामूहिक चेतना भी रहेगी, जो कि साधकों को समझाते, उनके प्रश्नों का उत्तर देते और आत्मसाक्षात्कार के समय उनका ख्याल रखने के माध्यम से स्थानीय छोटे केन्द्रों के विकास में सहायक होते हैं।

श्री माता जी की कृपा तथा श्रीगणेश जी के मार्ग दर्शन में पहला “उत्तरांचल आत्मसाक्षात्कार दिवस” १० फरवरी २००७ को आयोजित किया गया। इस आत्मसाक्षात्कार दिवस पर वर्षा के बावजूद सभी कार्यक्रम में साधक आये, यद्यपि उनकी संख्या कम थी और कुछ स्थानों पर सहज योगियों द्वारा किये गये अथक प्रयास के सामने नगण्य थी, किन्तु फिर भी एक शुरूआत तो हो गयी थी और हम सभी आश्वस्त थे कि इस पूरे वर्ष के लिए इस पवित्र कार्य हेतु एक वातावरण बन चुका है। पूरे राज्य भर में चले इस आत्मसाक्षात्कार के कार्यक्रम में लगभग ५०० साधकों ने आत्मसाक्षात्कार प्राप्त किया। इस दिन का विशेष आकर्षण गोपेश्वर का कार्यक्रम था, जहाँ पर एक साल पहले ही आत्मसाक्षात्कार प्राप्त किये हुए एक परिवार से दो बच्चे एक विद्यालय में गये और वहाँ पर लगभग १०० छात्रों को आत्मसाक्षात्कार के विषय में बताया और पूरे राज्य में यह एक मात्र स्थान था, जहाँ साक्षात्कार की प्रक्रिया के समय वर्षा नहीं हुई।

दूसरा आत्मसाक्षात्कार दिवस हल्की फुहारों के बीच १० मार्च २००७ को आयोजित किया गया। इस वर्ष लगभग १००० नये साधकों ने अपने आत्मसाक्षात्कार को प्राप्त किया। इस दिन का विशेष आकर्षण ‘यमकेश्वर’ में कार्यक्रम रहा। जहाँ विगत वर्ष राष्ट्रीय सम्मेलन का आयोजन हुआ था। ग्रामवासियों ने गत वर्ष ही अपने आत्मसाक्षात्कार को प्राप्त किया और आगे लगभग छः माह तक हरिद्वार की सामूहिकता ने उन्हें संभाला। अब वे ही ग्रामवासी श्री माता जी के प्रेम को प्रसारित करने के लिए तैयार थे और समीप के “काण्डी” गांव में पूरे साक्षात्कार

कार्यक्रम में उत्साह के साथ हिस्सा लिया।

कार्यक्रम के सभी विवरणों को तथा उनके अनुवर्तनों को विस्तृत रूप से लिखना तो संभव नहीं है, किन्तु फिर भी इसको पढ़ना आनन्द दायक होगा। हम इस वर्ष होने वाले कार्यक्रमों की ओर देखते हैं और श्री माता जी के पावन चरणों में नतमस्तक होकर अपने आध्यात्मिक उर्ध्ववर्ती विकास के लिए प्रार्थना करते हैं, जिससे हम प्रभावी रूप से क्षैतिज विकास कर सकें और अपनी आदिशक्ति माँ के शुद्ध तथा प्रेममय यंत्र बन सकें।

अनन्त प्रेम के साथ,
उत्तरांचल सामूहिकता

त्रिलोक की स्वामिनी निर्मला देवी
हे अनादि करुणा-मई माँ
पा जाएँ हम सब पवित्रता, अबोधिता, मंगलमयता
ऐसे तेरे गणेश स्वरूप को बारम्बार नमस्कार।
आ कर विराजो स्वाधिष्ठान पर,
दो ज्ञान हमें निर्मल प्रज्ञाविष्कार माँ,
ऐसे तेरे बह्या सरस्वती स्वरूप को
कोटी नमन श्री माँ,
देती हमें समाधान, उदारता, शान्ति,
धार्मिक-उत्थान की शक्ति,
दस पंखुडी में स्थित श्री लक्ष्मी नारायण
स्वरूपिणी को प्रणाम।
तू ही सुरक्षा, आत्मविश्वास, प्रेम, करुणा का भंडार,
हृदय में रहती हैं ऐसी जगदम्बा माँ महान।
बना के सामुहिक देती अनासक्त वराती
श्री राधा कृष्ण लीला दे भाव साक्षी।
श्री जीसस ने दो पंखुडी खोल,
दिया क्षमा नम्रता का वरदान,
कर पार हमें दी तूने शान्ति।
स्थिर चित की तू देवी, देना चैतन्य लहरी,
रहें निरविचार तेरे चरणों में
त्रिलोक की स्वामिनी निर्मला देवी।

- गरिमा नेगी, हरिद्वार

MOTHER'S RECIPE

Sevian ki Kheer (Vermicelli Pudding)

Ingredients:

- 1) 40 g dried vermicelli* (sevian/sevain)
- 2) 1 Tbsp. ghee
- 3) 750 ml hot milk
- 4) Sugar to taste (4Tbsp.)
- 5) Pinch saffron
- 6) 1/4 tsp. cardamom powder
- 7) 1 & 1/2 Tbsp. chopped cashew nuts
- 8) 1 Tbsp. raisins
- 9) 3 Tbsp. almond powder
- 10) 1/4 tsp. Kewra or rose water (optional)

Preparation:

1. Break the vermicelli into approximately 3 cm pieces.
2. In a pot heat the ghee and fry the vermicelli until light golden
3. Add the hot milk and bring to a boil for 5 minutes (adding more milk if necessary).
4. Add sugar, saffron and cardamom powder. Let it cook for a 5 further minutes, stirring constantly.
5. Add chopped cashew nuts, raisins, almond



powder and let it cook for 3 minutes, keep on stirring.
6. If you like, add kewra or rose water.

Serve warm or at room temperature.

TIP: If you cannot find vermicelli you may substitute then for very fine "angel hair" soup noodles.* very fine spaghetti

Source: Cooking with Love, Recipes of Her Holiness Shri Mataji Nirmala Devi

PUJA PROTOCOLS

So, the protocol of the Guru, and the Mother, is to be understood in Sahaja Yoga, mostly by experiencing. But that doesn't mean that you go out of the way to experience the other side of it. By being protocolish, more and more, you'll find, you'll receive much more help...

...So, the protocol is the simplest of simple to do. So that's the essence of Sahaja Yoga: the simplest of the simple is the protocol. If you understand the protocol, you don't have to do anything, you will grow up by it automatically. But you lack in protocol, and that's how you do not grow. This is the point is, that to grow, best in Sahaja Yoga is to know the protocol, which you can ask others. With experienced people, you can ask. Or, if you want to have your own experience, you can have. But some people try the other way round, like answering Me back, and saying all kinds of things, that, "Let's experiment what happens." And then they break their necks and come to Me for curing. So, that should not happen. Experience should be for betterment, and that's how, if you can ask others, take their advice, those people who are rising higher than normal, "What is the protocol?" And put your attention to it. How can you improve your protocol? "What should we do to observe protocol? What wrong are we doing? Where are we going wrong?" Because the essence of Sahaja Yoga today is the protocol, which should be the simplest. Should be the simplest thing to do. And, once you know the protocol, that, if She has said it, if it is meant, then it's all right.

...Because everything is for your betterment, and a special grace, if you understand the essence of protocol(4).

It is the greatest of greatest blessings and privilege ever to be bestowed on mankind that we are able to attend a Puja of Sakshat Shri Adishakti, The Primordial Mother, The Pramabhrama the creator of enter cosmos, the creator of even Shri Brahma, Shri Vishnu and Shri Shiva. Everything is within Her and She is within everyone and everything. She is omnipotent (all powerful), omniscient (sees everything) and omnipresent(is everywhere)

So we must realize whom we are facing, whom we are worshipping and on whom we are meditating. We must realize the importance of these times, the importance of every Puja which is offered at Her Lotus feet. The importance of every moment that we are spending together with Her. We must not let ourselves be mediocre anymore. We must grow deeper and deeper in our mediation and rise higher in our spiritual ascent. Hence the Puja must be performed with attention completely on the Lotus Feet of Shri Mataji. Distraction from the Puja, although not intended, may amount to showing disrespect. Mantras are recited in the praise of the Supreme Goddess and are a form of prayer asking her acceptance of the offerings, which are made with our

devotion.

As Sahaja yogis offering the Puja at the Holy Feet of Shri Mataji we must observe following protocols, as described by Shri Mataji



1. Puja is only for those people who deserve

Today I am to tell you a few more secrets about Sahaja Yoga - it is that for the Puja you should not get people of mediocre nature, because to bear a Puja is very difficult. People have not yet understood the value of My being, of My Feet, of My Hands. They cannot, they do not deserve to be here. So do not get anybody because he is your friend or a sister or a brother is wrong. You are spoiling the chances of the person, because it is too much for him. He cannot bear it. It is meant for very few people. So remember that it is not meant for many people. Now what we call the Chranamrut, meaning the Ambrosia of my Feet, is not meant for everyone. Neither are the blessings of the Puja meant for everyone. So try to avoid people who are not yet fully equipped. First thing they will start is doubting. Also there will be a problem with the protocol. They won't be able to accept it with that protocol. It is a very great privilege to be here and this privilege cannot be granted to every person (1).

2. We must cleanse our charkas and our subtle system before the Puja so as to be able to absorb the Divine vibrations.

Unless and until you are totally cleansed how you can be completely blessed; clothe by the love of God (2)

3. We should meditate after the Aarti, to absorb the vibrations.

Now you must meditate also after the Puja because my vibrations you do not suck in without meditation. Always it happens so far I have had very few Pujas in which all my whole vibrations were sucked in. If you have sincerity about it, it is really the sincerity part of it you will suck all my vibrations. Tell your mind not to ask questions and misbehave but to suck the vibrations clearly. This is for your own nourishment, for your own growth, for your own enjoyment (1).

4. We must wear dignified clothes for the Puja. Clothes must be made of a natural fabric either silk or cotton and not synthetic or nylon. Yogis should wear Kurta Pyjama and Yoginis should wear Sari. Western cloths must be avoided and cut sleeves are an absolute no-no.

I've always told ladies that please keep this (Shri Chakra & Lalita Chakra) covered. Its looks so simple, but it's very important. Don't expose this because the power of this should be preserved. They are I should say feminine powers and they are the feminine powers of Shri Krishna, which must be understood that whatever way you respect your body that is the way your chakras are and that is the why you suffer. (8)

5. All our attention must be on the Puja.

6. 'Bhakti' and 'Shraddha' are of utmost importance during the Puja. Without these we won't be able to receive blessings of the divine.

7. Puja must be offered with all the Heart.

8. 'Jai Kaara' is to be done only once as it is inappropriate welcome to the Supreme Goddess to do it again and again.

Some advices for Puja (from Sahaja Yogis)

1. We must be seated, take bandhan and be in meditation for Puja before Shri Mataji arrives or before the Puja begins.

2. We must sit wherever we get place and not hanker to sit in front to gain physical proximity (closeness) with Shri Mataji. She is all pervading. Her divine vibrations and divine blessing are everywhere and anywhere we sit, Her attention is on us.

3. We must stand when Shri Mataji arrives and take our

seat only once She is seated. Before taking our seat we must bow down in reverence to Shri Mataji.

4. Bandhan is not required in Shri Mataji's presence because when She is sitting there is already a bandhan.

5. During the Puja we should stay in meditation and be in thoughtless awareness for as long as possible. We must not move around or talk to others. These actions not only show disrespect towards Shri Mataji but also disturb other Sahaja Yogis.

6. Many Sahaja Yogis and Yoginis raise their arms and hands when Shri Mataji arrives and leaves. This is absolutely wrong and against protocol. This is only for us when we receive our self-realization when Shri Mataji makes us to do it and must not be done otherwise.

7. After the Puja we must preserve our meditative state by keeping our attention inside, not talking too much and staying in silence.

References:

1. 1980-0501: Opening the Heart Public Program, Zürich, Switzerland
2. 1982-0731: Dedication through Meditation, Cowley Manor Seminar, England
3. 2001-0729: Shri Krishna Puja, Canajoharie

KALPA TARU

*I wish to be a lush green tree - an innocent
witnessing child.*

*As I thrive on the blessed love of my mother who
nourishes me from her compassionate womb. She
- the earth sustains me - so that I grow lush and
strong.*

*I am the 'green sari' of hers whom she drapes
around her waist to protect her chastity.*

*Tired souls, battered beings seek comfort in the
silent re-assurance of my existence. I feel
honorably fulfilled to shower my soothing shade
upon my creator's creation.*

*times when greedy hands rob me off, when
unconscious - unaware existences vandalize. when
there is unrelenting heat and un-kept promises by
monsoons and others.*

*still my source - my mother- shall bequeath me
with the last drop of her life-giving blood. for me her
child to sustain.*

*and so shall I be - as she wants me to be.
that wish granting tree - the kalpa- taru.*

- Kavita Navlani, Delhi.

MOTHER EXPLAINS

Advice on Allergies

Shri Mataji: "Now why the child has an allergy, now let Me ask a question. Why a child will have an allergy? The doctors have to answer. Or of course you are all doctors you should say. "Can I have the answer?"

Sahaja Yogi: Mother, It could be the imbalance of heat and cold in the body.

Shri Mataji: But why, say on the charkas, you say on the chakras what will be catching if somebody has allergies what does it catch?

Sahaja Yogis: Left Nabhi.

Shri Mataji: Correct, Left Nabhi. Left Nabhi will catch. Now that means the Mother. Because the child is not yet married, so is the mother that means mother must be having a Left Nabhi herself and that's why the child must be catching with that allergy. So instead of punishing the child why not cure the Left Nabhi of the mother and Left Nabhi of the child. "Now what will you do if there is a Left Nabhi of the child, what we can do to help the child to get rid of it?" Ah, Very simple, anything that is left can be taken out on the little flame. Put your right hand on the Left Nabhi of the child and put your left hand to the flame and finish. Now in, in diagnosis, you are easy, but now for medicines. Now remember the certain principles of medicines, very certain principles; principles are there. If it is left side, you have to take it to the fire or to the sun or to the flames, all right. If it is the Left (here Shri Mataji is saying right) side you have to take it to the water in general. Anybody is suffering from right side put him in the water finished, done, not in the sun of course. Any disease, you bring it to this point. It's very simple. Now let Me have some questions about certain diseases.

1986-0131: Health Advice to Yogis

Allergies of the skin can be the result of a lethargic liver, resulting from a left side imbalance of the Swadisthan Chakra; Imbalances of the Left Swadisthan can result in lethargic organs, resulting in: allergies of the skin (liver), nervous problems, cancer and leukemia

1984-0313: Intro talk - Three Channels

Treatments:

Geru is a - that's a kind of a, you know what Geru is, it's a red-coloured stone which is very, very it is very hot and supposing with the cold sometimes you develop those rashes. So, if you put Geru, those rashes are corrected. Or you get, due to badhas, sometimes some sort of skin-



diseases, which are cured with Geru. Because it is the one which is very hot and it soothes you down.

1990-0831 Shri Hanumana Puja,
Schwetzingen, Germany

For allergy the best is geru. You all should take geru, those who suffer from allergy and we get little stone pieces round ones, rub it on that about seven times and then eat it and take it with some water. It is good for allergies, everybody should not, those who have allergies. Geru is not good for people who have overactive liver.

1986-0113: About the sun, western habits, the brain and medical matters, Rahuri, India

External

The best way to see if it is a case of allergy due to lethargic liver is to apply some gheru with water externally directly to the changed fragment of skin. If it improves it means that we can take internally for some time.

Internal

Mix it in honey, in a small bowl and keep it in front of Shri Mataji to get vibrated and first thing in morning we have it. It is good for Nabhi, everyday one teaspoon first thing in the morning.

शैतानी प्रवृत्ति की हार

मुझे लगता है कि परमात्मा के नज़रिए से जब भी कोई कार्य महत्वपूर्ण होता है, तो सारी नकारात्मक शक्तियाँ इस दिव्य कार्य में विलम्ब करवाने के लिए, इसमें विघ्न डालने के लिए तथा इसका पथ परिवर्तन के लिए, अपनी योजनाओं को कार्यान्वित करने लगती हैं। यह अत्यन्त आश्चर्य की बात है। - परमात्मा का कार्य और नकारात्मकता, इंग्लैंड, 31-03-1983

लियो टॉलस्टॉय जी की यह कहानी, जो Evil Allures. But God Endures पर आधारित है। इससे हम जानेंगे कि परमात्मा के कार्य में विघ्न डालने के लिए नकारात्मकता या शैतान कैसे कार्य करता है और हमें कैसे परमात्मा का साथ देना है।

प्राचीन काल की बात है, एक सहृदय और दयालु, धनी व्यक्ति था, उसके बहुत सारे दास थे, उसके दासों को अपने स्वामी पर अभिमान था और वे कहते थे, 'इस धरती पर हमारी स्वामी जैसा दूसरा कोई नहीं होगा। हमें अच्छा भोजन व वस्त्र देते हैं और जितना काम हम कर सकते हैं, बस उतना ही करने को देते हैं। किसी को कभी भी बुरा-भला नहीं कहते, हमेशा मीठी वाणी बोलते हैं। दूसरे स्वामी तो दासों से पशुओं की भाँति व्यवहार करते हैं, गलती न होने पर भी जब-तब पिटाई करते-रहते हैं, मीठा तो बोलते ही नहीं है। हमारे स्वामी तो बहुत अच्छे हैं, हमें तो सब सुख है।'

लेकिन जब दास अपने स्वामी की इस तरह प्रशंसा करते तो पाताल लोकवासी शैतान को बड़ी झुंझलाहट होती थी कि दास व स्वामी कैसे प्रेम से रहते हैं। उनके एक सुन्दर जीवन में बाधा डालने के लिए उसने एक दास आलिब को बहला लिया। एक दिन जब सब दास अपने स्वामी की प्रशंसा कर रहे थे, तब आलिब ने कहा स्वामी की अच्छाई की इतनी प्रशंसा क्यों करते हो? हम भी तो उनके सारे काम दौड़-दौड़ कर करते हैं, अच्छे से उनकी सेवा करते हैं, उनके बोलने से पहले उनकी आवश्यकता भाँप कर उनकी आवश्यकता की वस्तु ला कर दे देते हैं। वे अच्छे नहीं होंगे तो क्या होंगे? वास्तविकता तो तब ज्ञात हो, जब हम उनका कहा काम न करें और उनका नुकसान करें। देख लेना तब वे भी औरों की तरह गाली देंगे, पीटेंगे और दूसरे स्वामियों की तरह निर्दयी निकलेंगे।

लेकिन दूसरे दास नहीं माने, मतभेद हुआ और तर्क होने लगा।

अन्ततः उनमें एक शर्त लगी। आलिब बोला, 'मैं उन्हें गुस्सा दिला दूँगा, असफल रहा तो मेरा नया वस्त्र तुम्हारा और जीत गया तो तुम सभी के नये वस्त्र मेरे। इसके अलावा जीतने पर सब मेरी तरफदारी करेंगे, दण्ड मिलेगा तो बचा लेंगे।' शर्त पक्की हो गयी और आलिब ने अगले ही दिन स्वामी में अविवेक ला दिखाने का वायदा किया।

आलिब के दायित्व में भेड़ों की चराई का काम था। कुछ भेड़े कीमती नस्ल की थीं, जिन्हें स्वामी बहुत चाहते थे और उन पर उन्हें बहुत गर्व भी था।

अगले दिन स्वामी कुछ अतिथियों को कीमती भेड़े दिखाने के लिए लाये, उनके आने पर आलिब ने अपने साथियों से आँखें मटकाते हुए, इशारे से कहा कि देखना स्वामी झल्लाते हैं कि नहीं? सभी दास बाड़े को सब तरफ से घेर कर खड़े हो गये। शैतान भी अपने सेवक का काम देखने एक पेड़ पर चढ़कर बैठ गया। स्वामी अतिथियों को रेशमी बालों वाला मेमना खासतौर से दिखाना चाहते थे, बोले, 'ये सब भेड़े बहुत अच्छी नस्ल की हैं, लेकिन एक तो अमूल्यवान है। उसके सींग पास-पास हैं और बहुत ही पेंचदार व सुन्दर हैं। जानवर क्या है, मेरी आँख का तारा है।'

बाड़े में अजनबी चेहरों को देखकर भेड़े व मेमने इधर-उधर भाग रहे थे। आलिब अनजान बनकर, जानबूझ कर उनको और छेड़ रहा था, जिससे भेड़े आपस में मिल जातीं और किसी खास पर निगाह रखना मुश्किल हो रहा था। आखिर स्वामी परेशान हो कर बोले, 'भैया आलिब, मेहरबानी करके उस मेमने को पकड़कर ज़रा सामने तो लाइए। देखिए, होशियारी से पकड़ना और एक-दो पल के लिए हाथ में थाम कर रखियेगा।'

इतना सुनना था कि आलिब शेर की तरह भेड़ों में घुसा, कोमल

मेमने की गर्दन को जोर से दबाया, खाल को एक हाथ से जोर से मुट्ठी में कसकर पकड़ा और दूसरे हाथ से पिछली बांयी टांग को पकड़कर धरती से अघर में उठाकर हवा में लटकाता हुआ मालिक की आँखों के आगे ले आया। ऐसे झटके के साथ यह सब किया कि मेमने की टांग टूट गयी और मेमना फड़फड़ाता हुआ धरती पर गिरा। बांयी टांग तकलीफ के कारण मुड़कर लटक गयी थी, तो आलिब ने दांयी टांग से लटका दिया।

अतिथि और सारे दास दर्द और सहानुभूति से जैसे चीख ही पड़े। मगर पेड़ पर बैठा शैतान अपने सेवक की चतुराई पर प्रसन्न हुआ। स्वामी क्रोध के कारण ऐसे काले पड़ गये, जैसे विद्युत भरे मेघ। भीहे जुड़ गयीं, लेकिन वे सिर लटका कर रह गये और कुछ न बोले। अतिथि और दास भी चुप्पी साधे खड़े थे कि जाने अब क्या होगा? कुछ देर गुमसुम रहकर स्वामी ने सिर ऐसे झटका जैसे कोई बोझ सिर से अलग किया। फिर सिर को ऊपर करके अपनी आँखे आकाश की ओर उठायीं। कुछ देर आकाश की ओर मुँह किये खड़े रहे। चेहरे की सिलवट

विलुप्त हो गयी, फिर आलिब को देखा और मुस्कारते हुए बोले, 'ओ आलिब! तुम्हारे स्वामी का तुम्हें हुक्म था कि मुझे क्रोधित करो। पर मेरा स्वामी तुम्हारे स्वामी से अधिक शक्तिशाली है, मैं तुम पर क्रोध नहीं करूँगा। तुम्हें भय है कि मैं तुम्हें दण्ड दूँगा, नहीं मैं तुम्हें दण्ड नहीं दूँगा, बल्कि मैं तुम्हें अपने अतिथियों के समक्ष स्वतंत्र करता हूँ। जो कुछ भी तुम्हारे पास है, सब ले जाओ और जहाँ चाहो वहाँ जाओ।' इसके पश्चात् स्वामी अतिथियों के साथ घर लौट आये और शैतान दाँत पीसता हुआ पेड़ से धरती पर गिरा और पाताल लोक में समा गया।

इस कहानी में हमने देखा कि शैतान केवल हमारे अन्दर से ही कार्य करने की कोशिश नहीं करता है बल्कि वह दूसरे लोगों के माध्यम से भी हमारी चेतना को नीचे की ओर ले जाने की कोशिश करता है। लेकिन हमें हमेशा श्रीमाताजी के बताए हुए रास्ते पर चलकर शैतान को हराना है और उसे अपनी चाल में सफलता प्राप्त नहीं करने देना है।

किसी व्यक्ति को यदि आप जीतना चाहें तो अपने हृदय में आप कहें, 'देवी माँ, कृपा करके इस व्यक्ति पर कार्य करें। मेरा पवित्र प्रेम इस व्यक्ति पर कार्य करें।' और आप हैरान होंगे कि आप किस प्रकार उस व्यक्ति के हृदय को जीत लेते हैं। 99% लोग इस पावन प्रेम के पूर्ण नियंत्रण में आ जायेंगे। इतना ही नहीं, ये पवित्र प्रेम उन सभी नकारात्मक शक्तियों को नष्ट करता है, जो आपको हानि पहुँचाने का प्रयत्न कर रही हैं। ये आपको सिखाता है कि वास्तविकता की पूरी तस्वीर को किस प्रकार समझना है, ये तो ऐसा प्रकाश है जो सारे अंधकार को ज्योतिर्मय करता है। आपके अन्दर और बाहर के अंधकार को। आप में जब ये प्रेम आ जाता है तो आप अपने अन्दर अत्यन्त शान्त हो जाते हैं और आपकी शान्ति अभिव्यक्त होती है।

शक्ति देवी पूजा, मास्को, 17-9-95



SHRI GANGA

The Descent of the Ganga and the 'Shuddha-Iccha' (Pure Desire) of the Universe

We are all aware of the story of Shri Ganga descending from the heavens and as nobody on earth could bear Her power, Shri Shiva being prayed to bear Her in His matted locks. This divine event is a reflection of the inner subtle event that takes place in every seekers life. We can understand the significance of this event through the following article and pray to Shri Mataji, the source of all blessings, to grant us with Param Shuddha Iccha.

What is Shri Ganga? She is the elder sister of Shri Parvati, the daughter of Himavat, the Lord of the Mountains- and the eternal virgin, for as she expedited the marriage of her younger sister she took a vow of chastity. And that gives a clue. For wherever the primordial Mother manifests, she does so as virgin as Athena, as Vesta, as Gauri etc. What does this virginity mean? It means that in spite of creating, She remains untouched, uninvolved, untainted by the creation; eternally pure or "Nitya Nirmala" as such one gains the power to purify whatever one touches. Know that the Kundalini has this power and that when fully awakened in one, grants one this power- one of the important siddhis of a truly realized (as opposed to self-styled realized) soul.

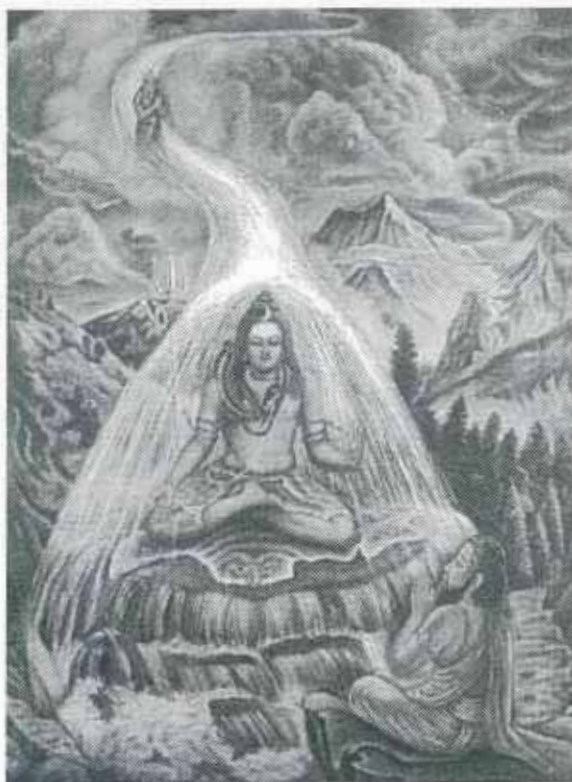
The Kundalini represents the Shuddha Iccha (pure desire) of the Universe, as does the holy Ganga. And both represent the deepest power of the Shri Mahakali Shakti.

Now consider, what does it mean: that "the Ganga flowed in heaven and had to be brought down by the efforts of Shri Bhagiratha to liberate his ancestors."?

It means that while mankind is developing and evolving according to Karma and free will, the Shuddha Iccha remains in heaven and does not interfere in the actions of men, in spite of the misery they bring on themselves. But sometimes great souls see the need for Shuddha Iccha to sort out their left side problems (the past, one's

ancestors). Why? Because of one's uncontrolled actions derived from and based on free will, one build up arbitrary patterns of desire, expectation and conditioning in the Ida nadi, which hinder one's liberation and ascent. These can be of any sort.

The Shuddha Iccha which also flows in the Ida Nadi can dissolve them away and liberate one on the left side, so that all one's desires, expectations and actions will tend towards one's ascent. But it takes a certain degree of evolution to realize this is necessary.



It takes an even greater degree of evolution to bear the descent of the Shuddha Iccha into one's life, for it dissolves and bears away all one's illusions and misidentifications. To witness this, one needs surrender and identification with one's Spirit of a very high order. To be infact like the Lord Shiva- with the Shri Shiva Sadashiva tattva fully awakened, so that one is in pure detachment, and totally above everything. if one is in this state, one can bear the descent of the Ganga or Shuddha Iccha without disintegrating. If not all sorts of reactions occur, through fear, misidentification, bitterness, wrong expectations etc., which lead to a disintegration of the personality and it takes the presence of a realized soul of a very high order to allow this to happen. If however one can, like the Lord Shiva, bear the descent of the Ganga into one's life, then one truly helps all Mankind.

For, the Ganga as the Shuddha Iccha is capricious- knowing only its own desire- it is eternally pure, and totally uncompromising, and this can be a devastating force to enter the life of the unready. So, one should pray eternally for the power to bear the Shuddha Iccha in one's life.

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Pledge by Yuvashakti of the World

We, the Yuva Shakti of the World, take this pledge at the beginning of this new year to further our spiritual growth and enhance our understanding of Sahaj so that we may become effective channels of our Mother's love.

- We pledge to protect our innocence from the unending attacks of society by worshipping Shri Ganesha, asking for His protection and inviting our Lord to reside in our Mooladhara during our daily meditations.
- We pledge to rid ourselves from the stains and blots that cloud the light of our Spirit from shining in our attention.
- We pledge, as Shri Mataji asked the Yuva Shakti, in Sahasrara Puja 2000 in Her castle in Cabella, to develop a penetrating attention, so that it may be a vector for the Divine Power within us to work out all the problems facing our world.
- We pledge to seize any opportunity to talk about Sahaja Yoga and give Realization with humility.
- We pledge to become our own masters so that our words resonate with the confidence of realised gurus, and inspire seekers to get their Realization and take up a life of freedom within Vishwa Nirmala Dharma.
- We pledge to face our fears and ask for courage, to face ourselves and spread Sahaja Yoga.
- We pledge to spend as much time as possible with Yuva Shakti brothers and sisters, to share our Divine Knowledge with them, and to protect them when necessary.
- We pledge to surrender to overcome our ego, and to have faith to overcome our superego.
- We pledge to pray, with dedicated, humble sincerity to our DIVINE MOTHER that she gift us with recognition in Her reality, and that She blesses so that we overcome all the weaknesses that might hold us back from fulfilling our pledge for this new year, which we hope is a beginning of the emergence of a new Yuva Shakti force energized by its desire to thank our Mother for having made us Her children.

Jai Shri Mataji!