

The Divine Cool Breeze

July and August 2008 volume twenty-one number four



This place is called as *Bhavasagara*.

It is the ocean of illusion in which we live. And we are seekers....

If we are in the ocean, our ship should be seaworthy.

Then any kind of illusion is not going to deter us if we are seaworthy.

But seaworthy means we must know if there is a fog, how to move in right direction.



We should know how to overcome all the hazards of all kinds of storms

and all the knowledge should be built-in within us.

And that built-in knowledge is this dharma.

It is a religion within you – not without, but within you.



Navigate



Like the ship is built,
is brought to the sea,
tried and found to be seaworthy
to sail out now into the sea,
so you have to sail out
when you know
everything about the ship,
everything about the sea.
With complete freedom and wisdom,
you have to sail now,
not afraid of any storms
or any hails or any typhoons
because now you know your job
is to cross through.



LEGEND

- 2 Mother's Day
- 6 Diwali Puja 2007
- 18 Thoughtless Now
- 24 God Created
- 26 The Journey
- 32 Bhavasagara



Mother's Day
Cabella Ligure
11 May 2008



Italians are remarkable.

You are very loving people....

Mother's Day was celebrated last year. That was the first time. I never knew that you people believed in the Mother's Day ... because this is a very big thing to thank Mother....

I am happy because this is a very big thing to thank Mother.... You have been very kind.

I can't say anything. I'm so full of love and full of feelings that I can't say anything except that it is something that I never expected.

And so many Indian girls are married here and there will be more coming. Also you people should marry Indian girls and come to India.

Nobody believes Me that people ... of this country or any one of your countries have any love for the mother. Nobody believes in you because they have not known such people, such nice people who are Italians, you see. Now they are amazed how you are showing your love for your Mother – amazed. In India really they can't understand it how the yogis, the Italians have come to become so much obliged to Mother. They can't understand.

It's a very big thing that has happened, a very big understanding for Italians now, all over – a big understanding.



I'm so full I don't know what to say.
And there are all these children.
And I always wanted to come to Italy.
I know the reason must be this.
So may God bless you.





And meditate and see
what beautiful hearts you have got.

You have given Me such love
that I really don't know what to say.

It's just like My own children here.



decide that we shall never commi

write poems

Happy Diwali. I wish you all a very happy Diwali.

You saw all these varieties of dances. Take a lesson from them that whoever it was or whoever has composed or spoken of it have all been speaking of the same thing. And the most important thing that they all spoke about was that the *Paramatma* (God Almighty) is one. They all incarnated in different forms, but the *Paramatma* is one. There is no dispute amongst them. They incarnate on Earth to bring about the destruction of evil and to condemn the bad people – and this is happening everywhere.

I find everywhere all the evil people are getting exposed. And now it is your duty also to identify those who are evil-doers, working against the will of God and who can go to any extent for the sake of money. They all will go to hell.

We are not aware of how many hells exist. The environment in which you are seated, the place where you are sitting is far away from hell. This has no relation to hell at all. But by being here, if you practise *adharm* or commit wrongs, then it can also lead you to hell. There are several types of hells and arrangements are also done up very well to get there. Because the people who go there do not know where are they going – and those who are saved they go to the heaven – so nobody knows on this level of Earth that he has to go to hell. We will go to hell if we commit wrong.

Independence of the Self

And the meaning of Diwali is this: that, as the lamps are lit outside, similarly they should be lit within you. And you must also realize that you are like the lights in this world of darkness. You are the lamps and you have to emit the light. But if it has not been able to be enlightened fully from within, then how can you emit light? Think it over, too.

That is why in the first place, the Sahaja Yogis should ensure that the light is fully established. And possibly it could be the means by which we have come to this world. Until Jesus Christ no one ever spoke of these matters. He descended at the level of *Agnya Chakra* and revealed to the world that

dishonesty even if we have to die.

- on honesty

Diwali Puja • 10 November 2007 • Delhi

He did not have any ego within Him. He was the son of the Almighty, yet He had no ego. Those who came before Him barely revealed anything, while Jesus Christ desired that our Agnya chakra be set right. And that Agnya chakra catches too much in your Delhi. What could be the reason?

At first the English came here to stay and then the Englishmen taught us how to be *ghamand* (proud and egoistical). It can easily be made out from your discussions. I have also seen all those days when our country was dependent (upon them), but you have come out of that dependency. Now there is *swatantranta* (independence). And what is *swatantranta*? *Swa* – to know your own Self and whoever has known his own Self, he knows the *tantra* (the mechanism or system) of his *swa* (to master the knowledge of the system that drives the Self). Through Sahaja Yoga you have come to know about yourself. And now you know that you are the *tantra*. Therefore, you have to be guided by that *tantra* yourself.

There has been a lot of development in Delhi that is visible. A lot of it has also been done beyond Delhi. The shortcomings and the faults in the people here are known to you. I need not tell you that. Now that you have become *swatantra* (independent), you should ensure that whether you possess such faults in you or not, the first and foremost trouble is that your own Agnya Chakra is catching. Jesus Christ died. He was put on the cross, yet we did not learn anything from it. On the contrary, wherever there are Christian countries, they possess tremendous ego in them. They had their influence on us too. But the worst part here is that now we do not recognize each other. There is quarrelling everywhere – fights everywhere. There is no purity of mind amongst each other.

So the first thing is that our minds are to be purified. Everything is possible in Sahaja Yoga. People can reach any position from anywhere. It is not necessary to go and sit in the Himalayas for that reason. You can do it in this city of Delhi itself. But if you look around, you will find egoistical people. They have their Agnya chakra severely caught up. So it is really very difficult.

Today's speech
is a little
different.
It is unique.

Now God has sent one new thing called cancer. If you are caught up with cancer and in case your Agnya chakra is not set right, then it can never be cured. Instead there will be great trouble. That is why those who have cancer should take to Sahaja Yoga and try to get rid of the ego that is possessed within because wherever you have government, ego creeps into the people. We have so many government servants here and they have a lot of ego within them. But it is more prominent with the people who have come from outside. They are veterans in comparison to the ones that we have here. And on top of it, they all take alcohol.

Just imagine they call themselves Christians, yet they all consume alcohol. So by taking alcohol, you are going against yourself only. You are opposing your own Agnya chakra. You are not accepting it. The person whose Agnya chakra has been cleared, he can never take alcohol. He can never ever consume alcohol. You find people everywhere taking alcohol and they have no remedy either to overcome it. Instead they prefer to consume it.

Stealing and corruption

Any sort of bad habit [*laat*] puts us in slavery – be it of any kind. Now there is a severe addiction to chewing *paan* (betel leaves with betel nuts) here and then adding tobacco into it. Just imagine – God has created you with such great affection to be born in this country so that you could become unique from the rest of the world. It is possible. Only Hindustanis are like that. But now I find a few diseases [*bimari*] are more pronounced in them – that is, they eat money instead of meals (earn money illegally through corruption). Now, the road by which we came here was not there earlier, but it pained Me so much to find that such a road has been constructed now and no one can claim that it is new. This can be done by the Indians only. I have not seen such shameless people anywhere else in the world who could do such acts and they are of no use at all. Anyone with a higher status with respect to the other can do such acts here at any time.

Therefore, today we have to swear in the first place that we have to get our Agnya all right. The greatest play at the Agnya level is that we start thinking that we are the best and we believe that we can rule over the world, we can reform the world. When you are not all right yourself, then how can the world be set right? Well, you must have seen a number of people who respect and place you in high esteem and yet commit a lot of wrong. In this country people earn money illegally through corruption [*paise khatey hain*]. Tell Me how shall God ever forgive us. The greatest of all sins committed are stealing and *paise khana* (earning money illegally through corruption). The person who commits these types of offenses, you may try anything on him – he may try anything, offer pujas, prayers, chant mantras, recite text from holy scriptures, read namaz, pray in the name of Allah or he may do any such thing – nothing is going to be of any use to him.

Lies and dishonesty

Today is your new year. I wish you all the best. And I want you to take a resolution that from today onwards we will not tell lies. Never ever will you tell lies. I have been to places across the world and I learnt that Indians are infamous everywhere as great liars. I do not understand why such brandings have come upon our country that people are liars. Here we had so many great saints and prophets, where so many became Sufis. I wonder how people could speak so many lies here.

So you promise today that you will not tell lies whatever may be the consequences. For that, you need courage. But now that you are realized, what more courage do you need? You cannot lie. And when you become like this, then only people will have faith in you, that these people are truthful.

When you are
not all right
yourself, then
how can the
world be set
right?

So the Sahaja Yogis have to be truthful. In whatever occupation – may be in business or whatever, he may be an engineer constructing roads or a doctor treating people – in spite of all these, yet it will be hell for you if you still lie. Now you have transformed your own self, now that you are realized now.

So the realized people, if they ever lie, they can never derive any benefit out of it. I feel sad when I hear about our country abroad, that people of this country are great frauds, great liars and earn money by illegal means.

Today is your very auspicious day. Today you should all take an oath that we will never ever lie whatever may come. I, Myself am a woman and that too of India. I have never told a lie. By lying you only would be at a loss. By deceitful actions you only will be at a loss. By all these means, even if you afford to earn a little more or you pursue petty objectives by feigning, yet you can never go to heaven. You will land up in hell.

It is very important to know that there is a very bad reputation about our country across the world. Why is there a bad reputation? Because we have such type of people here. When you come to know that someone is a liar, you must form a committee and approach him to inquire, "Hello Mister, what is the matter?" For example, supposing a road is constructed that has not been constructed properly, then set up an inquiry to investigate the expenditure incurred and then be after them to see what they are doing about it.

Earning such money illegally will ultimately be used for consuming alcohol only, which is our enemy. Why do you want all this? You have a very good living standard, but there are many countries where people are poor, yet I found them to be honest. So honesty is the first thing.

Today it should be ensured that we shall not commit dishonesty any more. Also we shall not be in the company of dishonest people and if anyone commits dishonesty, we will report it. Now it is like this: people complain, "Mother, similar incidents prevail in the police force" or "Such cases are reported there also." But you are Sahaja Yogis. Those who are Sahaja Yogis are by no means any less than a policeman or any person with a high position. They may possess great powers within them, but the entire powers are of truth only. Truthfulness should be there. I am very glad that a lot of Sahaja Yogis are very truthful, but we still need more Sahaja Yogis who can become truthful.

Beyond slavery

Truthfulness is a very important aspect or else you can never get rid of your Agnya. The Agnya is there where you have something as the ego. When ego develops in a person he may commit any offences (blunders), any sin, can harm anyone, earn illegally by corruption. They all will go to hell. I want to warn you that you should never indulge in earning illegally by corruption. You are not dying, for that matter. What have you done by earning more? What are you doing? You may have fitted a few more extra bulbs to light up your house or kept a few more women to give you company – that's all, nothing more than that. Now what will be your condition when you go to hell?

I am discussing all this on this day of Diwali because Diwali was celebrated on the occasion when Sitaji returned to reunite with Shri Rama. Once we imbibe the character within, then we can not more remain slaves any more. We are our own slaves only and, of course, not of the others. One should not lie for any reason.

I have stayed in Delhi for a long time and I am so astonished to see how much the people lie here. My God – they are not at all afraid. Speaking blatant lies at face and pursuing benefit out of it, may probably help him achieve something here. It may even help him earn a few extra rupees, but for sure he never can go to heaven.

We can
no more
remain slaves.

I want the Sahaja Yogis to promise that from today onwards, neither we will ever lie nor we will ever support the liar.

People speak about our country, that we are very dishonest. Everywhere I have travelled into far remote areas and found that the people of Russia are the best amongst them. They are indeed half-Sahaja Yogis already and many are Sahaja Yogis as well. I could not go to Russia this year. I shall definitely visit next year.

However, this means that we could not harness democracy. We too should have been communist. There are no petty offenses or crime [*chori chakari*] in those places, no lies and they all love you. There is great respect for Me too. But it is to be understood, after all, where we are leading. Just for the sake of earning a few more (rupees), where are we going? What are we going to achieve?

Therefore, in the first place you must be honest. Your dishonesty will cause trouble to your own people only. People blame India, claiming that people of this place are very dishonest. I am ashamed to hear all this. You have had so many great saints, so many great souls in the past and people here are very corrupt and cheat a lot and criticize. So, right at the beginning only, your Agnya is scared. People will become very rich and wealthy. You will find at the end of the day, Mr. Rich is making his journey into hell.

Today I want to tell you that Diwali means that the hell is dark and you have become the light. What is expected of you is that you should fight it out wherever there is darkness and announce what is wrong. With this, our country will improve. And this is yet another job that you have to carry out. We are already performing pujas and rituals. That is all right, but the innate power which we have within us is the one which stands opposed to all that is untrue. Many people are unaware that earning (illegal) money is a disease and they will go directly to hell.

I am telling you all this because no one spoke about it like this before. I am telling you on the day of Diwali that we are going to celebrate the joy and light the lamps within our hearts. In it, with that light, we can see who is what and who is cheating.

We have to
light the lamps
in our hearts.

Fighting and quarrels

Now, I find one fighting with the other. Fights amongst Hindus and Muslims are now over, while the fighting of others has begun. It means there is another issue: we are very quarrelsome as well. At least in the other countries one does not have religions of so many countries. But, here at our place, whenever you get an opportunity you start a fight. Fighting becomes the priority. Fighting is between husband and wife, then amongst their children and then, if there is someone else with them, it is with them too.

What is Sahaja Yoga? Sahaja Yoga is love. It is love. Awaken that power of love that is within us. Today is a very auspicious day and we have to light the lamps in our hearts and take up the resolution that, even if we have to die, we won't tell lies. We already have such people with us.

But it has earned such a bad reputation across the world that the Indians are basically dishonest. Well, I have never at least seen one, but whenever I hear of it, I feel very sad. India is such a holy place where so many great saints have taken their birth, as nowhere else. Sufis are there who were born here, all those who became great. They all were from India only. No other countries had such a number of great souls. A few countable ones may have been there, but we had many great souls here. But subsequently, leave aside whatever they taught us, we became branded as cheats and frauds.

Yet the offence of cheating is sustained. They can never ascend to heaven. And whatever is the lifespan one may have here, he will have to spend a thousand times more lifespans than this in hell.

The darkness of hell

The reason I am speaking about hell on this day is only because the hell means the darkness and that is the hell that we witness.

Now your lamps are lit. In that light, you must recognize the types of hells. You must support the government. Try to help to identify the dishonest. You may be in a junior or a senior position in society, but you must speak out as to who are the culprits. You must catch the culprits. Expose those who are liars. Now you have the powers with you – for what purpose? You are awakened. For what purpose did you have the enlightenment? In that light, you must see yourself. In the darkness nothing was visible, but watch your own light to see for yourself what you are. And what are you going to achieve by telling lies?

We are householders. Whenever you are compelled to lie, you have the powers within you, you are all lamps. You should see judge them in this darkness. You are the lamps and the lamps are to sustain the light. We have to wipe out this darkness. We all have earned a bad name from far across. Well, nowhere on Earth will you find people like that of our country. I am in pain when I learn what a gross misunderstanding people have developed about us. And what does one achieve by dishonesty? God knows! And whatever is pursued is horrible. No one will be spared. Whoever has become dishonest will be caught. There are arrangements for all that. You have received your Realization because you are not dishonest. You love truth and respect the truth. I want that you should stand on truth.

Now for example, these days people throw litter into Yamunaji (the River Yamuna). It means they are stupid. Yamunaji directly descends down to hell, but you will be saved from that hell. You are realized souls. The ones who have the light with them, they generally do not descend. But if you really want to establish Sahaja Yoga fully within yourself, then you have to swear in the beginning that you will never commit dishonesty of any type.

Passion to earn money seems to be the only business left out in this world. What is the outcome? Nobody even remembers them. If you love your country, then in the first place you must establish the truth – or else where lays the trust for love from a person who is a liar? It is a great struggle for you when you realize "our neighbour is of such a type, so let us also become like that."

But on the contrary, why don't we ever think that we are like this, so why can't we mold our neighbour also like us? First of all, today let us promise that we will never commit any dishonesty nor support any dishonest person. I do not know why, but falsehood seems to be a curse on our country. There are several people who speak at least ten lies right from morning until evening, yet it does not satisfy them.

Beyond lies and liars

Now your state of poverty has gone. Everything seems to be all right. You have enough to eat. None of you is a beggar either, yet why do you have to tell lies?

So take a decision of this day that we shall not tell lies any more and, if anyone is a liar, we shall not support that person. We shall not have any relationship with him. There is plenty of happiness and great joy in it. Are you aware that a liar will have to go to hell and you too will have to follow him from behind?

God has awakened you (through Self Realization). You have the light within you. You must see in that light. If like-minded people like you take up a firm decision of not lying, whatever may be the consequences, even if our heads are chopped off – in these matters the Indians are very good. I know that, but when I hear such things abroad, then I feel very sad.

Nurturing
truthfulness is
very essential –
truth in every
matter.

Now for example, the way this road has been constructed, does it resemble a road by any means? It seemed to Me as if I was travelling in the forest. Whenever you come across such things, you have an organization; you all collectively should inquire who was involved behind such construction. Why was it constructed that way? Who consumed the money?

All of you, Sahaja Yogis, should get united and try to focus your attention in that direction to drive out the bhoots who have intruded into India. Wherever you go, people say, "Brothers, don't believe in the Indians." What a shameful thing to speak about. The irony is in whom one should trust the most are we, the Indians. Nevertheless, we had several people who became great leaders, great people and great souls, but we have ignored them and their great fame that they enjoyed, also the amount of respect people had for them. They have respect for you too – I know that – but you should never stand together with the cheats to extend support. The moment you realize that a certain person is a cheat, immediately avoid accepting any invitation for having meals at his place. It will become difficult for the cheats to survive.

I am telling you that you are all the police force of God. Keep track of all those cheats that you come across. Try to inculcate the courage in your children as well. If someone is doing wrong or telling lies, track them. This very country of ours has been blessed [*jagrut*] along with the advent of a number of saints – and you all are saints.

There is basically no need for you to tell lies. Well, what is going to happen if you have meals only once a day? No one dies if he forgoes a meal. We have food to eat and drink, but over and above they take alcohol. By taking alcohol, we take another step forward. We will ultimately be destroyed by it.

The benefits of honesty

If there is alcohol we can never be all right. Now for example, in America, they always come up with newer issues, that as their child turns sixteen years of age he becomes a burden to them. This means they are all like servants. They are paid for their works they do, for example servicing vehicles and so on. And what do they claim at their age of sixteen? "Well, we have now turned sixteen and so it is the time to go out for a living."

I have seen this happening with the poor children of sixteen everywhere, whereas we (in India) think, "He is just turning sixteen, where is he going to go? What should he pursue next for his study?" Well, he has become sixteen years of age, so he is driven out of the house both by his mother as well as father. How long is this going to last with the Americans? You have to see for yourself. They are in ruins.

Nobody becomes great by buying one or two airplanes. Where do you think you are? What are your ultimate limitations [*aukar*]?

Hindusthan is such a country that it can save the entire world – the entire world. But there should be truthfulness in it. To imbibe the truthfulness is very essential – truthfulness in every matter. What is the need for nurturing falsehood? I can't understand – people who are mostly rich should first of all realize that they are rich. So it is better, sit back quietly and stop thinking of earning any more. Who is happy by earning a lot of money? I have yet to see any one of them to this day.

You are a Sahaja Yogi and you have the light within you. In the light you can see your own path and the path is of truth. May you be a Muslim, a Hindu or a Christian. It makes no difference. You all are human. And if honesty is lacking within a human being, then he is dishonest. No one will recognize him.

We do have life beyond this also. How will that be? There are many benefits of honesty. The greatest of all is that you have the blessings [*ashirwad*] of God on you. Blessings come upon you effortlessly in such a manner that you will be astonished to realize it. Everything gets done on its own – effortlessly [*baitha bithay*]. But now in India, however may the person be or may not be, all of them run after money.

There are still many poor around. That is why today should be the Diwali celebrations for them too. They too should be happy. We are citizens of that same country, but we have been deceiving ourselves only. We are very clever. By this, ego develops within us. And when ego is developed, nobody can save by any means. You will develop cancer with ego. Thus, you will not be able to save yourself. If you develop cancer, you cannot save yourself. I cannot save you. I am telling you the truth.

At first, the ego that you possess within, burn it in a fire. Next, be ashamed if you have ego. "Ego for what, Mister?" We have it for everything in our country. For example, someone who graduates with a BA degree, he develops ego. Acquiring some other qualification higher than that gives him double ego. Someone achieves something, graduates as an engineer or a doctor, he develops ego. Thus, when this Agnya chakra gets caught, where does it ultimately lead you to? To hell and hell is a very horrible place. God has blessed you with intelligence and now you have got your Realization. Still if you want to go to the hell, you can go. Until this day nobody spoke about it or told you.

Until this day
nobody spoke
about it.

The promise of honesty

Today – the day is considered auspicious because several great events happened. For example, Sitaji returned home, during the period of Ramachandraji, during Krishna's times and several other great events that took place. They were all worked out by these great realized souls.

That is why, in the first place, you must take an oath today that "We will not commit dishonesty any more for sure and if anyone does, then we shall ensure that he is caught." But I find the blacks are at war with the whites in this country – any one fighting with the other. What they want is India to be divided into fragments. It is not going to make any difference. How is it going to benefit? It is only when you remain honest and you possess a good moral character.

Whatever you have learnt from the British, there is nothing worth learning from them. They are all in a bad state these days. But we have to save our own country and also to save the entire world. It is a great responsibility. You have been realized and the light has come within you. Yet if you want to jump into the ditch, then what can anyone do? Everyone should come up together to make an effort.

I want the Sahaja Yogis to constitute a committee. In case you come across any cheating, you should report to the committee. Then let us see what the committee does. In this way, you will be recognized. In this way, you will be elevated to higher positions.

So first of all, you should not become dishonest and also prevent others from becoming. This is very important. It is a great blemish on your country. There is adulteration in the edible oil, adulteration in the ghee. At every nook and corner you will find people laughing at us in mockery. No one has faith in us. In fact, the best of the people are in India. Nowhere, so many people have not been realized. They have not earned any punyas. Therefore, it is nobler to earn punyas than to earn money. There are innumerable poor people. Look at them.

So today is a very auspicious day and also a day of *anand*. Why joy? Because on this day we are blessed with heaven and we desire to be in heaven only. But cowards can never ascend to heaven. There is no need to be scared of anything.

Well, what on Earth is going to happen if you earn a few paise less or more? All of you have become rich. I can see that. I have been coming here for the past seventeen or eighteen years now. All of you have become richer than before. The standard of living now has become better than before. But from morning until evening there is dishonesty, dishonesty and dishonesty. Thus the path is laid before you. All right, just take a resolution today that we shall not do any dishonesty and, if there is anyone, then we shall collectively oppose him.

Why were you blessed with Sahaja Yoga? Why were you given Realization? It was because you will emit light. If you do not possess light within, then how can you enlighten the outside? And focus that light to realize whether you are helping the dishonest? Nothing happens if you earn a little less or more. If you are honest, then God helps you. Why do so many people die in our country and nowhere else? The reason behind it is that they are to go to hell.

So you should know that if you commit dishonesty, then you have already established your first step to hell and you don't need to utter lies in the second place at all. You must speak the truth. The man who speaks the truth becomes unique. If he practises Sahaja Yoga, then it can be remarkable. Like today, as you are remembering the Sufis, similarly people will remember you. You don't need to do anything – only expose those who are dishonest. That is important.

People are protesting here over the issue of the dumping of garbage [*kachda*] into the Yamunaji. Don't throw this or that. Now, is this also to be taught? I have been to so many countries. Nowhere is waste disposed into any river. Then why are you so lazy? There are so many facilities available over here, like you can hand it over to the municipality or dispose of it elsewhere. But if you are accumulating the waste yourself, then what can you do?

The resolution of honesty

All of you should think in your mind and decide today. It is a very good day today. It is a good day to dedicate that neither we shall ever commit any dishonesty nor shall we accept the dishonest. I have seen such people who neither were dishonest themselves nor ever visited the house of any dishonest person. They never kept any connection with them. By such action, they not only ensured their wellbeing in their own interest, but also helped the entire nation.

Now you are a Sahaja Yogi. It is expected you should promise that we shall never commit any dishonesty. You just have to recognize the dishonest and only confide in your inner spirit that he is dishonest. And for the Sahaja Yogis – even if twelve Sahaja Yogis can get united together, realize that this particular person is dishonest, then God is with you. The welfare of this country cannot be improved merely by a handful of rich people, but with honest people, certainly it can.

So the greatest drawback is the blemish on us that we are dishonest. And those who are Sahaja Yogis can never be dishonest by any means. This is My belief. We all have to get united. Leave aside all differences. And that we are all honest people, India's reputation is very much tarnished. That is why take a vow from today that we shall not commit any dishonesty and if there is any other dishonest, we shall collectively be after him. He will experience a sleepless night right on the very next day. Nevertheless, it has gone too far. I tell you I am astonished. There is dishonesty in everything – dishonesty in everything. In the earlier days people used to outcast others on very petty matters and boycott on every minor issue, yet our country remained so honest. Why have we forgotten such great qualities? Where have they all gone? I find there is dishonesty everywhere. There is dishonesty at every step.

As you are remembering the Sufis, similarly people will remember you.

You must teach the children here that they should not become dishonest. In case there are, or in the utter case of dying or say, dying out of hunger, suitable arrangements can be made available provided they are honest – and if honesty is not there, then leave aside God, no one is going to help you. You will have all kinds of diseases of the world on you.

Likewise our country has developed several good traditions, so many of them. For example, they will take alcohol, drink liquor, just imagine. Have you come here to be stupid fools? And one who does it, avoid being friendly to him. Don't support him. I have observed with the person who takes alcohol, when others visit his house and they also start taking alcohol with him. But if you realize that people are like this or realize that this person is dishonest, then stop visiting his house on the invitation for having meals. You have no business with him.

We have to work towards the benevolence of our country because God has already given us the light. See in that light. His powers are tremendous. If you accept this very fact only, that those who had been dishonest to the nation will be taken care of by God, that is enough. But you become a deaf person. You are not able to understand at all. Such people can neither contribute nor can ever deliver anything good. I don't understand how they live so shamelessly. I don't know how, but they do live.

For that reason, the message of today for you is that you should take a vow today that we shall never ever commit any dishonesty and if someone is found dishonest, then we shall not support him. That is enough. Many more realized souls will come to our country. But who would prefer to come to such a dishonest country like this?

The vow of honesty

The only message for you today is that you have the light within and you navigate in that light and that is going to provide you the strength. Whatever you may wish, you are welcome. Look, we have achieved our swatantrata. *Swa-tantra* – try to know your *swa* (your own Self).

Now I want many children to be born. They should be realized. That is why you must realize at the beginning, today is a great day. Take a vow today that neither will we commit any dishonesty nor be in the company of the dishonest or be scared of them. God is not there with them. God is with you. If you are good, then God is with you. Those who were born in this land of India – of course, it was not merely for the sake of fighting amongst each other and dying. Great idiots [*mahamurkh*] – we fight each other and then die. You must tell the people there is no use in fighting. “Well, my dear brothers, what are you fighting for? What do you want? Why? After all, what do you want? You have all nice things to eat and drink. That's enough. What more do you want?” But nowadays the demands are like “Well, I need that dress, I want that type of house and not this.” Are we going to take along all those belongings to hell?

At this moment, like those who had become Sufis, you too are all Sufis because you have been cleansed. Now all of you should write poems – on honesty. This dishonesty needs to exit in the first place and secondly, there are several issues that need to be taken care of. But first of all, do not commit dishonesty. No one is that poor in India that he needs to commit dishonesty.

I am saying that there is a blemish on our country and it needs to be wiped out. And you are Sahaja Yogis. You can do it. You have the light with you. With this light, you can spread the light everywhere. Instill courage in everyone, assuring them that everything is all right. Particularly those who are young amongst you, who have friends, all of them should think about the possible ways that they could contribute towards honesty.

You have the light within and you have to navigate in that light.

Giving courage to all

Now there is a campaign initiated not to dump anything into Yamunaji. That is all right, but it is not as important. The important thing is losing your honesty. That is why this day is considered auspicious everywhere. Lamps are lit at places. Everything can be done and if we can't do this, then what is the use of being a Sahaja Yogi? The largest collective of Sahaja Yogis is in India – the largest collectivity. Next to it is in Russia. Now the Russians are very humble. They do not commit any petty offences like cheating or stealing [*chori chakari*]. Don't understand why? Maybe if communism influences us here, then probably we too would have become like them. But that does not make very big sense. It is not good to impose anything out of compulsion. Let us impose it on ourselves. Decide it for good. Resolve it [*nischay*] from today onwards. Today is a very good day, that neither shall we commit dishonesty nor let others commit dishonesty.

Your country will become very prosperous. And after all what a country is, I have seen all other countries. All are useless people. But the people of our country still have a lot of dharma in them. The dharma here has been destroyed, since the dishonest people became all powerful [*jabardast*]. So there is only one message today, that neither we will ever commit dishonesty nor allow others to commit dishonesty.

But the people here are very tolerant in this matter. They tolerate. This is the greatest mistake. When you have got the light, then why are you afraid? What is the reason for you to be afraid? That is why I am requesting you today to workout everything with courage. And now you have got a kind of *swatantrata* (freedom). You will attain the knowledge of the *tantra* (the system – that which drives) of the *swa* (Self). You have already attained it, but try to make use of it.

Never to be dishonest

Today so many of you have gathered here. I never had seen so many in Delhi before. Thus, every one of you should decide today in your mind that we will not tolerate any dishonest person at all. And that is the reason why all the rakshasas also take their birth – because they believe something or other is there within us, which will compel us to accept them. Indians should never accept them. And besides them, those who are realized souls, especially they should never ever (accept).

There is a great infamy [*lunchban*] on our country everywhere. But this is not true. There are many people in India who are honest – very honest. But that is not true. Nevertheless, I have seen certain things. There will be differences amongst each other – “This land is mine and that land is yours.” Well whatever is yours is yours. It is *swarajya* (one's own kingdom) – that is, the *rajya* (kingdom) of the *swa* (Self). You will have the kingdom of your Self. It can happen only when you really become *swatantra* in the true sense. There is no need to be afraid of anyone. There is no need to tell anything to anyone.

I am surprised to see so many people. I had never seen so many people in Delhi before. Thus, I have only one request to you and that is today, on this occasion of a very auspicious day, decide that we shall never commit dishonesty even if we have to die. Our country has deteriorated a lot in the last ten years. You are Sahaja Yogis in so many numbers. Who are you all afraid of?

God is there
to support
everyone.

I have full faith in you that you will carefully listen to My lecture.

What is the reason behind getting scared? God is there to support everyone from behind. Just imagine, as soon as the Sufis realized that God was behind them, they got rid of all those unwanted things that were around them – not all, but a few of them. Similarly, you should all follow them.

In My opinion, the only message for today is that now you are neither a cheat [*chor*] yourself, nor going to support any cheat. But I read in the newspapers the differences are over other types of issues. The differences are over the caste and creed. Well Mister, are you here for protecting the country or to sink it deep down? You have a great responsibility on you. You are born in the Kali Yuga. That is why this Kali Yuga is to be transformed and you are all realized in the thousands. Nowhere else on Earth have so many people been realized. That is why time and again I shall be repeating to you to stand on truth. I am with you. And God is also with you.

So I have a request to you all today to assert within yourself that we shall not encourage or allow any offenses like cheating or stealing [*chori-chakari*] to happen. Wherever we come to know of it, we will fight it out. But I wonder whether the people have been intoxicated under the influence of alcohol or what? After all, what did you receive from this light? Courage – fight with more courage. Whatever things that are wrong with this country should be forsaken. It has earned a very bad reputation.

There are many more issues, but the most important one is that there is no honesty at all, so how is God going to help you out? To get money is no kind of support from God, but to be established in dharma is. And that is what you have got. There aren't as many people who are Sahaja Yogis here, anywhere else in the world. And Sahaja Yogis are never involved in such activities too. But I am telling you all this because the atmosphere here is bad and we have earned such a bad name all over.

You have everything with you. You have food to eat and drink, clothes to wear. What else do you need? You enjoy movies, you enjoy that, you do have that much money. But first of all, the disease [*bimari*] for the money should be got rid of.

I have full faith in you that you will carefully listen to My lecture of today. And let us swear from today itself that we shall not commit dishonesty at all, but will also oppose those who commit dishonesty. The most important message that is to be understood is our country needs honesty today. Nothing is more important than that. Your Mother stands for honesty.

So what if you have only one shirt instead of ten? Convey these things similarly to the women also. It will work out. It will happen.

Today's speech is a little bit different. It is unique. And you all have liked it. It was very kind of you. Well then, thank you. ☺

Your
Mother
stands for
honesty.

The Thoughtless NOW

Birthday Puja
21 March 1994
Kolkata

Every year we have birthdays of various people and every year we make a vow that "this year I will not do this or I will not do that." This is a very good way of seeing how far we have come in life. Many people who really have achieved a very great height in their spiritual life did not need a birthday, but every day they felt it's a birthday to start, to go ahead, to understand, to learn. Every day is a new year for them.

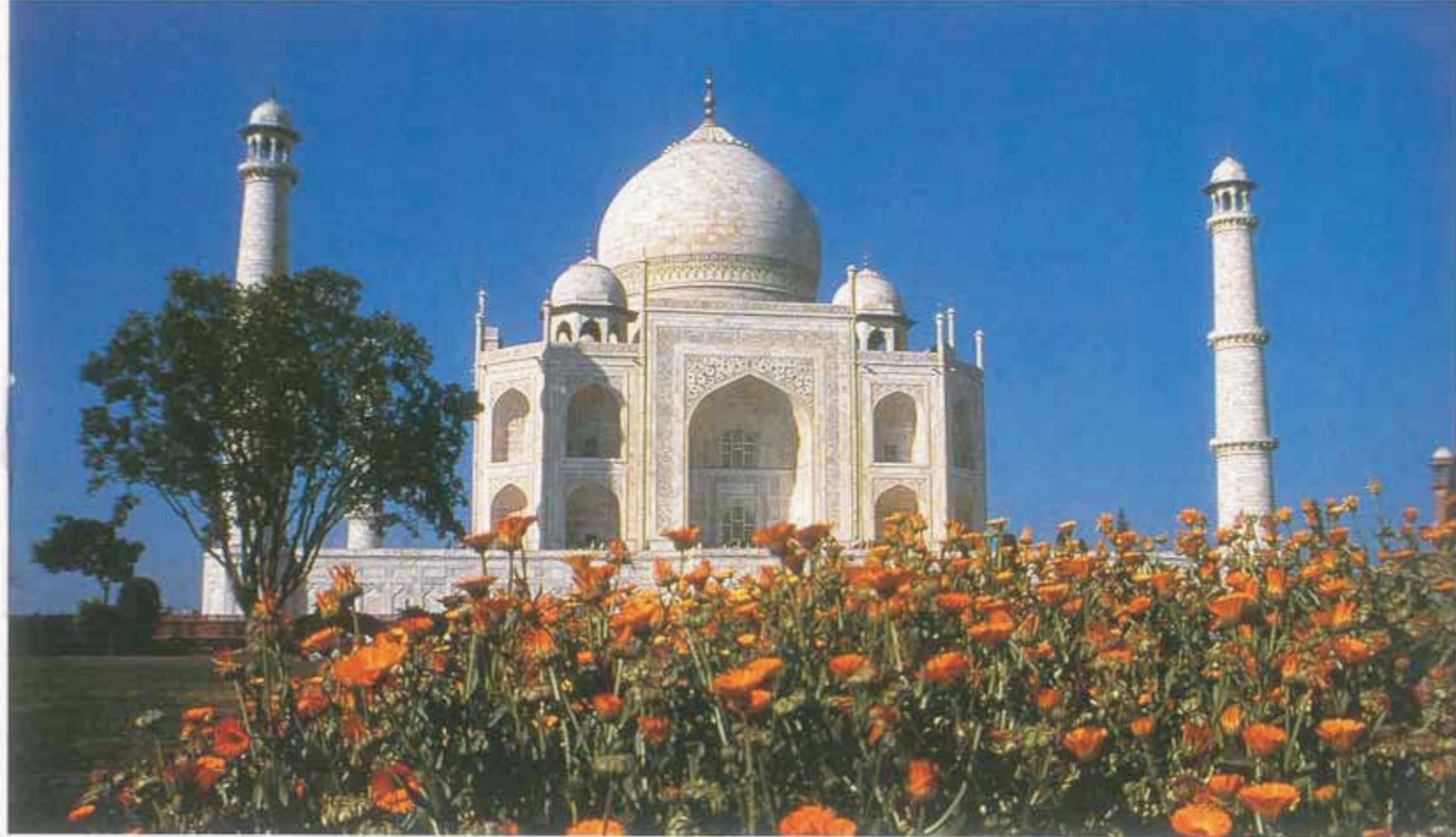
In our own life we see that our surroundings change very slowly. Sometimes it is shocking. Sometimes you are surprised how the surroundings are not changing. But in a subtle way, there is a tremendous change that is happening within us and without.

The whole atmosphere today is governed by human beings. I don't know how far Paramachaitanya works it out, but it is for us to open ourselves to new dimensions in our lives.

The tree of Sahaja Yoga

Firstly, through your meditation, in that state of meditation, you expand within yourself. You stay in the present. The other day, somebody asked Me, "Where was Your last birthday?" I just forgot where it was. Otherwise My memory is very good, like an elephant. But this I forgot. Perhaps every time, every day you live in the present and you grow, so you forget when and where this growth has taken place.

My own growth has been like this, that every time I go to a place, I find very nice new people coming in and some of the horrible ones from the old lot disappearing. It's something like when the tree grows, the leaves go on falling and new leaves start coming. But in Sahaja Yoga it's something different. I find that on the tree of Sahaja Yoga very few – very, very few leaves fall off and you sometimes face a lush garden of beautiful people. To Me it's like a miraculous fireworks. It starts like a small line and then opens up into several beautiful patterns. It is impossible to envisage or to visualize what will happen to us, to Sahaja Yoga and to all of you. I have never learned to imagine things, but the vision that you see is really remarkable. It's very remarkable that I see all Sahaja Yogis drenched in divine love and expressing themselves in a very beautiful and very deep manner. This, when comes in, that really makes your attention absolutely enwrapped in such divine bliss that you forget that moment.




The thoughtless moment

One of those moments is when you celebrate My birthday. I even forget how many years I have lived on this Earth ... because, as I told you, it does not leave any mark of time, of date, of years in that blissful state. As if sometimes you can think that you went to see something very beautiful like the Taj Mahal, without knowing what it is and suddenly you find such a beautiful building unexpectedly. You just get blindfolded, as they say. In Hindi, they say "awak." You don't know how to express it. You become speechless and invariably you'll find at that time you'll forget the time. You will forget how you came there. All the story behind all that finishes off as soon as you see the reality of the vision.

This reality of the vision is something beyond even My thinking and imagination. I cannot, even now sometimes, believe that there are so many Sahaja Yogis who have got this subtle knowledge. I never knew that there are so many seekers to begin with. I never knew that there are such subtle people on this Earth. All over the world, wherever I went, whether I went to Nepal or to Brazil, suddenly I find facing so many beautiful seekers. If you ask Me, "When did You go to Brazil?" I won't be able to tell you the dates. I have a very bad memory for dates for the same reason I think because every time I see a vision and the time also just stops for that moment. It doesn't express itself. Nothing is recorded except for the experience. And this experience is in an abstract form. You cannot describe it. It is beyond words and beyond any description. At that time, you really become thoughtless and that is the time we have to really enjoy...

So when we start thinking of time and time and time, we have to understand that time is our slave. We are not slaves of the time. There are a thousand and one stories I can tell you how, by delaying in a place, by getting late in a place, by not caring for the time, I have seen such beautiful manifestations, such beautiful dramas – the art of the Divine Power – that I was amazed how people worry so much about the time. If time is really necessary, if we are all watching our time every year, as our birthday, and if you think that time is very important, it is in a way. In these modern times, we really need the time for meditation, for collective meetings and for Sahaja Yoga....

You will
forget how
you came
there.



If there is no thought, like a rippleless lake,
the whole joy of that creation
is reflected in it.

Peace within

The first and foremost thing is we have no peace within our hearts. We talk of peace. I know of people who have got awards in peace, have no peace within their heart, no peace at all. Unless and until we human beings have peace, there cannot be peace in the whole world. It is we who create wars. It is we who do all kinds of violence.... We ruin the possibility of people getting into the kingdom of God.

So peace can be only achieved by establishing peace in the hearts of the people. And that is only possible, if you achieve the state of thoughtless awareness. You remain in the present and there, where you'll be amazed, you will be standing like a rock because you will have reality in your hand. You can work out the way you like.

Actually, I don't work out anything whatsoever – really. You may say, "You do this and You do that." I don't. It's the Paramchaitanya which works it. In the same way, it will work for you also. But you must have faith in yourself and absolute faith in Sahaja Yoga – absolute. That's the only way we can achieve this, that many, many, many people, most of the people of the world – I wouldn't say all of them rather difficult to say that, but may be possible – should enter into the kingdom of God with us. That's the most important thing, more than all these worldly things and more than all these nonsensical things....

That will take its own course. You don't have to worry. That works out automatically. Only thing where you really need your own diversion or your own focusing is Sahaja Yoga, in and out.

If we really want peace on this Earth, if we want really progress for ourselves, if we want all kinds of physical, mental and emotional problems being solved, all for our good, why not we come to Sahaja Yoga, where we don't have to do anything except for raising our Kundalini, except for meditating for it for very little time and to achieve that state of joy?

Faith and sincerity

Today My feelings are really full of joy, full of joy because now I can see how things are happening, how one person can produce thousands and thousands of Sahaja Yogis.

I saw one miracle. I told once that one seed has all the thousand trees it is going to produce and when I saw a new technique of tissue culture, I was amazed that on one little seed there were so many little, little primules who had come out. In the same way, you are all capable and you all can do it, but what is needed is faith in yourself and also complete sincerity about Sahaja Yoga. If that happens today, you have really celebrated My Birthday. If you think that My Birthday's important, that for Me very important is that everybody gets their spiritual birthday.

May God bless you.



As soon as the kundalini crosses over the Agnya,
you enter into the realm where there is no thought.
You are aware, but you become thoughtless.
In thoughtlessness only, you can see things much more clearly.
Because supposing you see a particular scene,
there is a thought ... and you cannot enjoy that scene directly.
But if there is no thought, like a rippleless lake,
the whole joy of that creation is reflected in it and you start enjoying it ...
and inside you can feel absolutely peaceful in your brain.
You become absolutely thoughtless and aware of it.

20 July 1979

He takes you
out of it and
makes you
absolutely
thoughtless.

Thoughtlessness in a crisis

People should see that we are joyous, that we are happy people, that we are not like others who start crying for small things. Like when My father died, I was surprised that suddenly I became thoughtless, absolutely thoughtless. For about three days I was thoughtless – neither the thought of pain or thought of unhappiness or anything came up, but just thoughtless. And everybody was surprised because I looked after him, and he was very attached to Me, very fond of Me, everything was there. But I was surprised, how is it I became suddenly thoughtless?

So if you are a Sahaja Yogini, then at the time of crisis you should become thoughtless. That's one of the signs. I have seen with Myself, if there is any crisis in the family, I just become thoughtless.

That means what? That God just takes you in, your problems, He puts His hand, He puts His protection and He takes you out of it and makes you absolutely thoughtless. And in that thoughtless awareness you discover what is right, what is wrong.

So even in crisis, this thoughtless awareness is all the time extremely alert. It becomes much more alert than normal. That's the sign of a Sahaja Yogi and the sign of a Sahaja Yogini.

Diwali Puja 1991

Attention and thoughtlessness

When your attention is fixed, you will find you will definitely rise into thoughtless awareness, a state where you grow spiritually. You have to rise up to that state of thoughtless awareness where you grow spiritually. If you're not in thoughtless awareness, you cannot grow in your spirituality. So it's very important to see where is your attention. Where are you putting your attention? If the attention could be controlled then things will be all right....

The mantra is, as you know, "Nirvichara." You should use the mantra of Nirvichara for coming to the state of thoughtlessness and try to increase this area, this space of thoughtless awareness and that is how you will find you will be growing very much.

Shri Athena Puja 1993

Thoughtlessness is a state

There are certain faculties, which we have to develop to begin with. The first faculty is if we can become thoughtless. In meditation you can become thoughtless for a short time. Gradually this short time should go on increasing, that you are without any thought. This happens also, as we can say, it is a state. How do we achieve that again? Because human beings cannot understand that anything can happen spontaneously, it has to be done. Something has to be done. For that, in Sahaj, you have something very, very simple, that you have got a mantra of Nirvichar.

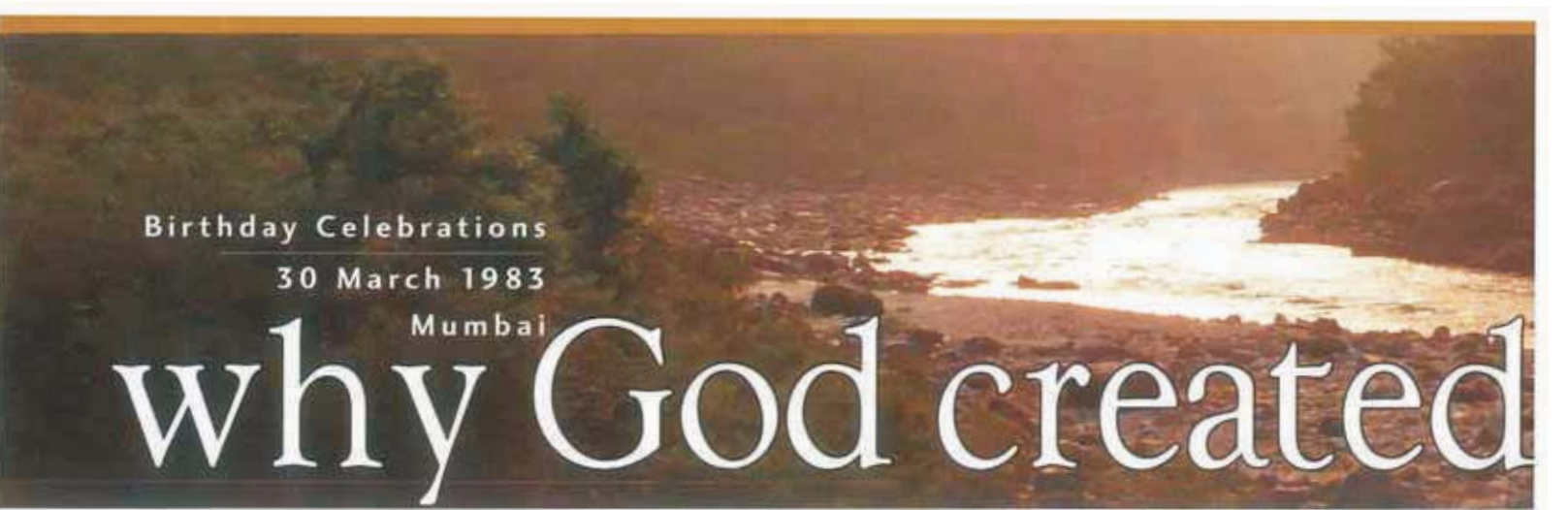
So now you watch anything saying the mantra, "Twameva Sakshat Nirvichar." Then you'll start seeing that, witnessing that without thinking. Just see – witness. Just seeing itself creates that state within us....



Now supposing you go and meet someone with whom you have to deal. He's talking, talking, talking. Just become thoughtless. So now what is the thing that will happen as soon as you become thoughtless? First his thoughts, his bombardment will not touch you because you are in a different realm altogether. But in that realm, your power will manifest. It may cool him down, it may shut him down or maybe he may just feel tremendous love for you....

When you start witnessing something without thought, there's no obsession for absorbing the knowledge about that because there's no thought. Complete absorption takes place and then it manifests.

This is how the Divine Power works within us. *19 July 1994*



Birthdays Celebrations

30 March 1983

Mumbai

why God created

That
beautiful
arena of
heavenly joy

Many people have always asked me that why God created this universe. Of course, we are not supposed to ask questions of God. It's easy to ask questions to Mataji when She is giving a lecture, but God is a person who is beyond questions. And why He created the universe is something like why I wore all these ornaments. As I am not habituated in wearing ornaments, but I have to do it. I have to do it just to please you people. Or we can say that God created this Earth just to please His own children, just to make them happy, just to make them enter into the kingdom of God, to give all that what He has got.

So He had to create this creation in such a way that He could create His own image, reflect it and make it enjoy itself. It's a very mutual appreciation, as we call it, *andolan*.

Whatever He does for us is for His own pleasures. But the beauty of it is that your pleasure is His pleasure. And the other way around is His pleasure should be your pleasure, too. Once that becomes the fact that the pleasure of God becomes your pleasure, you enter into that beautiful arena of heavenly joy, *swargiya anand*. Only if it is a one-sided enterprise or a one-sided effort it gets lost. Human efforts are one-sided, but God's efforts are such that they cannot be enjoyed unless and until they are reflected.

So whatever He has given us, we cannot count them. We can only say they are blessings because it's an abstract way of saying things. That is the blessing of God, that He has given all the blessings. It's an abstract thing because we cannot count, we cannot give it a form, we cannot say what He has done for us. And when this joy of His creation is felt in our heart, once we start enjoying that joy within ourselves, then it becomes a complete picture. When it is complete you cannot describe it because it is not relative. You can just enjoy it. And that is how the depth of enjoyment is described, that at that depth what are we to say? We are lost. The drop has become the ocean and the ocean has become the drop. First the ocean becomes the drop and then drop becomes the ocean. And then the ocean tries to become the drop. It's a beautiful system of give and take, which can only be appreciated by people who have tasted the nectar of the beauty of God's love.

It's very easy to say there is no God. It's the easiest thing to say. But it is even easier than that to enjoy God. It is the easiest thing to enjoy Him because He is so available. He is so anxious. The whole purpose of creation is to give you joy, to give you happiness.

this universe

As today when I had to go to the bank, I was wondering, "I have never worn these ornaments anytime in life and today, as the time has come, I have to wear." I just thought of it, "It's just for My children." If I have to wear them, what does it matter? Just to make them happy, what does it matter? If they feel happy, then My happiness is complete. But you felt for Me, that I should wear, itself shows that you wanted to see them on Me. It is also such esteem of your very subtle bhakti, very subtle love for your Mother. In these modern times, to have such bhaktas itself is a big blessing for Me.

So as you say, "Mother, bless us," I say, "You also bless Me." You have already blessed Me by this beautiful arrangement you have made, the way you have put yourself, surrendered yourself for this great puja because all is such an interdependent process.

You do the puja. I can't do the puja. You have to do the puja. When you do the puja the chakras are awakened. Mine are awakened, but in you they are awakened.

Now how to explain to people what is the importance of puja? If you have not tasted the fruit of a puja, it is impossible to explain. It is at a higher level only one can understand all these things. But so far, whatever was done, was at such a lower level by such low type of people that everything became absolutely unholy. It was all an unholy doing and, because of that unholy doing, God Himself is unhappy.

So He has created this universe to create realized souls, not to create useless people, not to create people who do not believe in God, who do not believe in a higher life, who do not believe in leading a life of purity. He never created this universe for them. They are just existing, just like dead people. They are not living people.

So those who believe in God, those who worship Him with all purity are actually, in a way, giving blessings to God because it is so pleasurable for Him to see that they have understood, that they have felt it, that they have liked it.

Sahaj Yogis also, some of them, have problems. It doesn't matter. But as long as the desire is pure, your kundalini is pure. As long as you feel you that you have to do your ascent in a proper way, in a surrendered way, everything is going to become a complete, beautiful picture.

And to create this elevated kingdom of God within our heart and without, one has to know that God's efforts are absolutely complete. He has made you. Now only a little less is there. It's from the other side. He has created this universe so beautifully and after creating that beautiful universe, that universe has to reflect God fully. That's all.

So fifty percent of the job is done. Only the other fifty percent of the job you have to do. You should not worry if there are people who are not interested in Sahaja Yoga – those who are not going to do meditation, those who are not going to do puja, those who do not enjoy this higher life. Just don't worry about them.

But you must know that you are special people and that you have to create the nucleus, the complete body of that part, which is going to complete this work of great faith. ☺

*just
to please
His own
children*

Dharma gives you the balance. It gives you the establishment into proper behavior, proper understanding, proper living, but it doesn't give you the completion of your journey. It doesn't give you the satisfaction of reaching the destination and your personality is still incomplete.

completing the journey

19 December 1987
Aurangabad

So one has to have the experience of the spirit.... Those who do not have the experience of the spirit are not only incomplete, but are limited people. So whatever they see or whatever they know or whatever they criticize is limited. As in English, we say that "hate the sin and not the sinner" – like many people who find something wrong with Christianity start blaming Christ.

Christ did not create Christianity, first of all. He did not create Christianity. He did not create Christians, so there is no relationship between the two. As you know, recently they have found the books written by Thomas, the disciple of Christ who was coming to India. On his way, he went to Egypt and there he wrote this treatise and had put them in a big earthen vessel, or perhaps it was a metallic thing, and it was discovered forty-two years back [1945]. The people whom he considers to be authorized Christians, he calls them as gnostic. *Gne* in the Sanskrit language means "to know." *Gne* means "to know." And he has written that to know and to have the personal experience is the only way to follow Christ – clearly. Not only that, it's said that God Almighty, who is so kind, why will He ask you to suffer.

*When you know yourselves,
then you will be known,
and you will understand
that you are children of the
living Father. But if you do
not know yourselves, then
you live in poverty and you
are the poverty... Jesus said,
"Know what is in front of
your face and what is
hidden from you will be
disclosed to you."
The Gospel of Thomas*



This mire of
ignorance
has to be
crossed.



So it challenges all the Christian principles of suffering. In the same way, in all religions people have diverted from the right path and have come to the wrong path and are indulging into self-created delusions, which have no relationship with reality or with the incarnations, those who started the religion or who gave the ideas of the religion. I hope you don't do that to Me because you are gnostic people. You are the ones who know, who have had Self Realization. Without Self Realization you cannot have a complete personality.

But as you see in Sahaja Yoga, you don't have to go to the Himalayas or to give up your families. You don't have to be away from the society to get your Realization. You get your Realization in the circumstances where you are born – in the same society, in the same family life. But you rise higher than them and try to pull them out of the mire in which they are existing. This mire of ignorance has to be crossed and some of you have to do it. And when you realize that, then you should know that you all have to be very strong people. You all have to be extremely strong. If you are not strong enough, how can you pull out the rest of them?

There are only two problems

People who are mediocre think that gradually they'll be all right and that they'll come up. But I would suggest that you should make an all-out effort to become strong Sahaja Yogis. To become strong Sahaja Yogis is not difficult because you have all the powers within yourselves. You have the kundalini within yourselves and you know the way – how to become a realized soul.

The problems are of you being dragged into your ego or into your conditioning – only two problems, not more. Like somebody asked, "How many turns are there in London?" Only two: left or right. So either you go to the left or to the right. All the permutations and combinations of this left and right starts working and then you get into trouble. And then you get into problems. But actually it is a very simple thing. To get out of your ego should be the simplest and that is where you try to understand yourself. You see yourself. How you are reacting? Where is your attention? What are you doing? What is your attitude towards Sahaja Yoga?

So many people think that "this is my house, this is my family, this is my car, this my horse, this is my dog." I don't know how far it goes – "my, my, my, my, my." But nothing is yours.... As Kabira has said it, that "some cheat" – that is the death – "will come and take away everything that is not yours." Then "my family," then "my children" – all this is a nonsense. And so, when you start getting attached to this word "my," there is where you fail completely into your own understanding of your ego, you're completely blinded by this ego.

First of all, you should say that "nothing is mine." Kabira has said that when the goat is living she goes on saying "Maie, maie, maie." It means "I, I, I, I" in the Hindi language. He made a pun on the word "maie." And when she dies and her intestines are taken out and are made into something that spins the cotton, they go on the street, these people, telling people that they are around. They go on playing on that string which is made from the intestines of these goats which says, "Toohee, toohee, toohee," meaning "you are, you are, you are."

So one need not be like a goat, that until you leave you go on saying "I, I, maie, maie, maie." When you die, then your intestines have to be taken out and put on that thing just to make the sound "toohee, toohee, toohee."

So this sound of "I, I, I" is made only by egoistical human beings, but this ego is so much identified with you that you think that "I am this ego and ego is me." And in

You are
gnostic people.
You are the
ones who
know.

*I have done nothing and
nothing can I do. This body is
capable of nothing. Whatever
is done is the work of Hari.
It is He who made Kabir
"Kabir"!*

Whatever
adventure
you are into,
your attention
should be on
your spirit.

that ego, you start doing all kinds of nonsensical things. This ego takes you nowhere. It takes you nowhere but into a complete mire of ignorance about yourself. Ultimately, you become stupid. Others can tell you that you are stupid or you become idiotic or you get a bad name and everybody knows that you are doing all wrong things, but nobody dare tell you because you are to be reached with a barge pole. Such a hot-tempered personality you become that nobody dare come to you and say that this is wrong, it should not be done, it's stupid, idiotic. And you, yourself, in that idiocy and stupidity think no end of yourself. This is the extreme of your ego.

With attention to the spirit

The second side of ours, which looks very morbid and very mild, is the left side. The movement on the left side is the emotional side. You develop habits with the left side. Now some people have very dangerous habits. Some have simple habits....

As Sahaja Yogis, all your habits should be under your control. Now the habits we have formed through drugs, from drinking, from anything are very dangerous habits. Also people have their attention being all the time around. All the time the attention here, there and there, attracting people, looking after them, not looking after yourself. This attention has to be brought under control. It is very important. That's very simple, that whenever it happens, you just put down your eyes. Keep your eyes down. That's one of the ways we allow our attention to fritter away. And also our growth becomes stunned.

This is a very, very dangerous thing, which in the West especially, we have developed.... Indians have a bad habit because they just now started reading, so they want to read everything that they find, anything. So on the road, if there is a road of shops, they read every name of every shop, turn around again and see if they have missed anything. It sounds stupid, but they all do it. And all the time they are doing it. So the attention, wherever it goes, has to be under our control. We have to keep it, all the time under our control.

As Namadeva has said very clearly in *Guru Grant Sahib*, he has written that when a little child is flying the kite, he's talking to everyone. He's playing in a way, but his attention is on the kite. And when a housewife is carrying out her duties, putting her child on her waist and working, then she's doing all kinds of work, but her attention is on the child. The ladies who are carrying three, four earthen pots on their heads, water filled up to the brim, are walking, talking to each other, having mirth and enjoyment, but the attention is on the earthen pot on their heads.

In the same way, whatever adventure you are into, whatever you are doing, your attention should be on your spirit. Then everything is under control and you can never get enveloped into anything where attention should not be lost.

So these two problems we have and those problems, even after Realization people have it. So please try, when you are not meditating, to keep your attention on your spirit.

Now, the person who is left-sided or right-sided, he has developed a mechanism within himself to justify himself through his intellect. Or maybe, if they are ladies, they have water power. They will start crying and you just don't know what to say to them. If you tell them anything, first thing they'll do is to cry. It means sometimes I feel there are a thousand arrows on My head when they start crying. It's impossible to say anything to them. And if you talk to some men, they'll give so many explanations that you would feel like just going off to sleep. It's so boring. It's easier to read some book like *War and Peace* than to listen to the arguments of such people. But they don't want to see that this is all ego which is talking.... It is not their spirit.

Become like lotuses

If the spirit has to evolve, we have to be extremely witnessing in a full way, very alert, extremely alert and witnessing ourselves, what are we doing. Then only will we reach the completion of our Realization. Unless and until you reach the completion of your Realization, you can never be masters of your attention and you can never be the enjoyer of your joy and you can never know the truth fully.

To achieve this Sat-Chit-Ananda swarupa, you have to be extremely careful about the instrument that God has given you – this body, mind and emotions. You have to keep them in check because, wherever your habits are, they can never be joy-giving. It's a joyless pursuit. And wherever your ego is, it's a destructive effort.

So what things are detrimental to your growth? Apart from that, they are extremely dangerous thing for yogis.

So as you are, in whatever conditions you are, in whatever situations you are, whatever may be the surroundings, like a dirty mire full of creatures and filth, you can become like lotuses. When you become like lotuses, all that is filth, all that is horrible can become fragrant. And this is what we have to achieve.

When people will see the lotuses, they'll come to you, not to see the worms and to see the filth, but to see the lotuses. So please, this time, correct yourself. You don't need anybody to correct you. You just correct yourself, watch out for yourself and see for yourself. If something doesn't work out, just give up. Don't go to extremes for anything. You must learn to give up at a point and be happy about it.

If you are contained within yourself, if your hand is attached to your body, then you reach up to a point and then leave it. But if it is not attached, if it is disintegrated, then it goes all round and round and round and comes back without anything. That understanding has to be there in you people because you're standing in the central path and you're attached to the central path not only, but you are identified with it. So you cannot go too far to the left, cannot go too far to the right. If you do that, you get lost. Then you are no more a Sahaja Yogi and then no use having you here artificially or superficially because it will be hypocrisy. ☺



Whatever is needed to put you back into the right frame, you must accept. And whatever is needed to understand Sahaja Yoga, you have to do.



Bhavasagara

WHAT IS THIS BHAVASAGARA?

This is the symbol or this is the reflection of the whole entire universe that is created. All this universe is created by Brahmadeva. He is the one who is the creator ... of this world, who created this beautiful universe. In that, especially He created the Mother Earth.

He has placed the moon and the sun on both the sides of this Mother Earth. They represented to you the Mother Earth within us. It is the Kundalini, the Mooladhara.

Now this universe is existing within us. That is the Bhavasagara. This Bhavasagara exists in many stages in its evolutionary form and today it is Kali Yuga in this Bhavasagara.

I would say it is a dawn of Satya Yuga, at the end of Kali Yuga, in this Bhavasagara. It is placed in the centre of the Nabhi chakra and around it moves the centre of Swadisthana. The Nabhi chakra, as you know, is governed by Shri Lakshmi as the power of Shri Vishnu and the Swadisthana moves around it, which delimits our own personality and which creates all these different stars within us or the planets within us.

Notes

Front cover: Her Holiness
Shri Mataji Nirmala Devi
21 May 2008, Cabella Italy
(*Jai Jalan*)

Contents pages left quote:
Shri Mataji Nirmala Devi,
9 March 1983, Melbourne

Contents pages right quote:
Shri Mataji Nirmala Devi,
July 1982, Cowley Manor UK

Pages 3, 4 and 5: Shri Mataji
Nirmala Devi, 11 May 2008,
Cabella Italy (*Calin Chiroiu*)

Page 19: the Taj Mahal
(*Anjan Upadhyay*)

Page 21: a lake at sunset, USA
(*Jim Gallagher*)

Page 23: Shri Mataji Nirmala
Devi, Brighton UK

Pages 24 and 25: the River
Ganges at Pulchati India
(*Bjoern Kurt*)

Pages 27, 28 and 31:
Shri Mataji near Rahuri India
circa 1983

Right: havan at Christmas Puja
2006, Pune India (*Paul Anant*)

Back cover: cedar forest,
North Vancouver Canada

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An ordinary grass can become a cedar.

There's no limits to it.

**But you must have confidence in yourself
and confidence in Sahaja Yoga.**

**If you don't have confidence in yourself
or in Sahaja Yoga, nothing can work it out.**

**But the highest of all is the sincerity,
which nobody can instill in you.**