

# THE DIVINE COOL BREEZE



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*More than you,  
the Divine wants  
this world to change,  
wants to transform  
the whole universe.*

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*VISVA-GARBHÂ  
SHE IS THE MOTHER  
OF THE UNIVERSE*







# DIVINE BLESSINGS

On the most auspicious occasion of Datta Jayanti, Shri Adi Guru Dattatraya's birthday, December 23rd, 2007, the International Sahaja Yoga Research and Health Centre was once again blessed by the arrival of our most beloved holy Mother. Shri Mataji was keen to know all the details of the patients arriving at Health Centre, the number of patients, their countries, the ratio of yogis to yoginis, their diseases and their recovery. She said, "All the yogis should be cured at Health Centre as it is their own energy working." She also said, "I am happy that foreign yogis are coming to Health Centre." Shri Mataji asked for the doctors to come forward and praised all of them for their dedicated work. She blessed all of them.





# SHOWER ON HEALTH CENTRE

Shri Mataji then asked all the yogis if they were able to feel the cool breeze. “Yes, Mother,” they replied and raised their hands. Everyone was overwhelmed and thanked Shri Mataji for all Her divine blessings. She and Sir CP congratulated all the staff for all their beautiful work. All the doctors affirmed, “Mother, You only do everything at Health Centre.”



Try to imbibe  
all that is divine  
within yourself.

im

Even if I give big lectures and say things, it may not have any effect whatsoever on you.

It might be just wasted if you haven't got the capacity to imbibe what I am saying

— so important, so imminent.

*Christmas Puja 1988*

Education doesn't mean listening to lectures after Realization. It means it should be imbibed within you, it should penetrate into your veins and into your every artery, into every cell of your being.... I would say that I have talked a lot and the only thing that you have to do is to imbibe it within you and not on others. That's all. To others you have to be kind. You have to be sweet. You have to be patient, gentle.

*23 November 1980*

What is the quality that you have imbibed in Sahaja Yoga.... You stand for all those ideals. You stand for all those sacrifices. And you stand for all that is to be achieved for bettering human beings. You have to achieve a great deal for others. You have to work within yourself what you can do for others, what you can achieve for others, what is the best way to imbibe those qualities within you that you become an absolutely unique personality.

*Birthday Puja 2001*

# bibe

## **Imbibing through meditation**

What happens in meditation is that your awareness crosses over the Agnya, goes above and is now stationed in the Sahasrara, in thoughtless awareness. Then the reality of Sahasrara, the beauty of Sahasrara starts pouring in your own character, in your own temperament. Unless and until you meditate – not meditate just to get well or just to feel that “I must meditate” – but meditation is very important for all of you that you develop your Sahasrara in such a manner that you imbibe the beauty of your Sahasrara. If you don’t use your Sahasrara in this way, after some time you’ll find Sahasrara will close down, you’ll have no vibrations and you’ll have no understanding of yourself.

*10 May 1998*

The main problem we have is how to imbibe this within our personality, how to know within our personality that we are facing this kind of an incarnation, that we are born in such-and-such era, which is very important, absolutely. It is very special times that we are here and that we have risen very high through our evolutionary process, which was sort of accelerated by the kundalini awakening and we are residing in the space now beyond time and beyond sin.

*Shri Krishna Puja 1990*

## **Imbibing nature**

Nature should really imbibe within you. It is the balance. And the balance should come in such a manner that your whole character, your own temperament should show that balance within you.

*Shri Ganesha Puja 1992*

Try to imbibe things which will give you real enjoyment – for example, flowers, nature, garden. Instead of destroying this nature, try to build it up, try to see how you can make it a beautiful garden or a beautiful place.

*Shri Ganesha Puja 1997*



We have our  
Sahaja culture  
with us.



### **Imbibing dharma**

You are a special community I said. You are the ones who are going to create that great community. Now whatever are the dharma's points – or we can say dharma's aspects – you can imbibe them *sahaj*. “Sahaj” has a very special meaning. Spontaneously, you do not have to exert. You do not have to go into a penance or work it out. In a Sahaj way you can do it. “Sahaj” also means easy. You can have it in your heart, all these qualities, without any difficulty whatsoever. It's the easiest thing for you to be righteous than to be otherwise. It's easier for you to be honest than to be otherwise. So this speciality that you have got is the vision of all the saints, of all the prophets, of all the seers, of all the incarnations. It is you.... For you it is very easy, that you can imbibe all the aspects of dharma very easily. You don't have to do anything.

*Shivaratri Puja 1992*

How can it be that religion makes you hate somebody? Religion is there to understand love, imbibe love and compassion.... In one of My lectures, I talked to you about the emotional intelligence. That is what we should try to imbibe – emotional intelligence. That means the intelligence that is based on emotions. Unless and until we become emotionally intelligent, our society cannot improve. In an emotional intelligence, you care and you enjoy caring. You do everything for others with a great emotional understanding.

*Shri Adi Shakti Puja 2000*

### **Imbibing sweetness**

It is for you to use that tremendous power – the embodiment of *madhurya*, sweetness. That madhurya you have to imbibe and that madhurya you have to spread. That's very important. So that relationship of sweetness between each other, the relation of enjoying each other, the relation of knowing each other has to be full of sweetness, just like honey. It is just there, but we have to be the bee to reach there.

*28 May 1990*

What one has to imbibe within oneself is the sweetness. If you are sweet, you are filled with humour, you do not hurt others, you are not hurt either, you see everything so beautiful and nice. That's the quality of Shri Krishna, madhurya. Anything can be done with sweetness. That's very important.

*3 January 1988*



**Imbibing the qualities of others**

What you have to do as soon as you know about somebody, then you have to think what goodness he has got, how can I imbibe that goodness within myself? Because we are here to enrich ourselves spiritually, so you must think, as the first and foremost thing, what can I do to get the goodness of that person within myself? So you'll be looking out for the goodness of that person then, instead of looking out for bad qualities. *Virata Puja 1991*

This tongue is not for saying harsh things, for making fun of others, for teasing others, but it is for saying something, such a beautiful thing that the other person also imbibes that beauty. I've seen some nice things people have said and that lingers in My mind and I said, "When will I have chance to say these things to others?" So think about it, that "Now this is a very nice sentence. This was a very sweet thing they said...." The care, the love, the affection, the wisdom and the patience is to be imbibed. *Birthday Puja 1990*

This kind of temperament is necessary for Sahaja Yoga, that we appreciate others, not to criticize others. If you are criticizing, then you cannot imbibe any good qualities in you. But to appreciate others also comes through good tradition. In Sahaja Yoga we have to develop good traditions. We have our Sahaja culture with us.... It's difficult to deal with this modern mind because it cannot imbibe the beauty of joy within itself, while God Almighty is the source of joy. When you see this beautiful Nature and the sun playing around with it, you just become thoughtless and you just get lost into the eternity.... When you meditate, just ... believe that your auspiciousness and holiness is to be imbibed on your nerves, on your central nervous system because that is the epitome of chaitanya. The chaitanya that is flowing all around, if it is in the form of holiness, even one glance of yours can bring beautiful fruits, can bring peace and solace. *2 January 1987*

Try to imbibe the dharma within yourself. And then you will see eventually you'll become a very generously-hearted person – very generously-hearted because you start tolerating everyone. *20 December 1979*

The beauty of enjoying others – somebody has some great points, very good qualities in that person – you'll imbibe it. In Sahaja Yoga, whatever you enjoy, you imbibe. You know that. Whatever you enjoy, you will imbibe just like that. You should be able to enjoy. Now supposing you enjoy creating rifts in people, creating problems with people, you'll have them yourself. Supposing you enjoy saying harsh things to others, you'll imbibe that in the sense that you will have more of it. Whatever you want, you will have.

*New Year's Eve 1981*

# Whatever you enjoy, you imbibe.



### **The culture of the spirit**

Anything you want can be done, but first of all what you need is maturity. And for maturity, one has to understand that there is a culture of the spirit. As we have human cultures, we have a culture of the spirit, which must be imbibed. The culture of the spirit is to be imbibed. If you go according to the culture of the spirit, then you cannot have problems and the foremost thing in the culture of spirit is that you must respect yourself because you are a yogi. The second thing is you must respect other yogis because they are yogis.

*Mahakali Puja 1987*

You have to have a discipline, which is not imposed on you, but, very happily, which you have accepted and have imbibed.... I bless you all, that you should have this full idea about yourself, why you are on this Earth and what great work you are supposed to do. Each one of you is capable. Each one of you can do it.... I would request you that you imbibe these qualities within you, which are already there. I mean, I wouldn't say "imbibe," but you *manifest* them. And once you start manifesting, see your temperament, how it is.

*Shri Bhavasagara Puja 1991*

So far I am very happy that whatever I've been telling you and whatever I've been guiding you. You have accepted it very well, calmly and sweetly and you've tried to imbibe it in your lifestyle. Actually, after some time, I don't think that I will have to tell you. You will get your own light to see for yourself what is right and what is wrong. But still I would say for all the western people especially, that you must open your heart in the puja, in the music, in anything. Just see that you open your heart.... All your conditionings, all your ego will disappear when you decide that "I have to open my heart in Sahaja Yoga."

*Sankranti Puja 1990*



### Imbibing the deities

Nobody should think that you are very grown-up because you can keep quiet, sit quietly and all that. You are grown-up only if you can imbibe the qualities of Shri Ganesha. I have seen people who are very grown-up still do not have simple qualities of chastity, of honesty – they don't have and they can't have because they don't think it is important. So I leave it to you to find out Shri Ganesha within yourself. *Shri Ganesha Puja 2003*

To surrender, to forgive – that is the quality of Christ we have to imbibe.

*Christmas Puja 1993*

This innocence and holiness is the one which is peace-giving, which reduces frictions, tensions because you enjoy your chastity, because you enjoy your glory. Please aspire to be the epitome of holiness. *2 January 1987*

Whatever things you can grasp and think, “this is Mother's quality,” try to imbibe that within yourself. That doesn't mean you start shouting at bhoots first. So first, what is the first quality of Mother? That She came on this Earth and She has worked for people who are nowhere near Her. She stood down to elevate others. And then gradually you can understand that this quality will take you to higher qualities.... You have to concentrate on a deity to imbibe the qualities of that deity, otherwise you have no communication with the deity and there is no use saying the mantras. *Sahasrara Puja 1984*

You have seen that how much work I have been doing compared to you people and I am so much older compared to you people. All right, you can say that “Mother, you are Adi Shakti.” It's all right. But I am your ideal. In any case, if somebody is your ideal, try to become like that person, try to imbibe those qualities. *18 January 1983*

I never try to show off My powers to you in any way. It's only you who should imbibe all My powers. That's the only desire I have, that you should be as powerful as Myself.... I want that you should forget as to what powers I have, but you should yourself have all these powers within yourself so that you can save the world. That's the only thing I want to give you. And I want to assure you that you all can have everything that I have.

*Shri Fatima Puja 1993*

### Imbibing the ideal

You are the people who are going to take Sahaja Yoga to that position where it has to reach. Because as far as I am concerned, I have nothing to do any more. I have done it. Now it is for you to receive. You have to imbibe it and you have to change the whole thing. That is your job and that is why it is a serious matter. *18 November 1979*

You must remember how many years you have spent doing Sahaja Yoga. You must understand all the nice times you had and how many, every year you have spent in enjoying My birthday, also in understanding how you have grown into it, how you changed it and how you enjoyed and how you have imbibed all the qualities of Sahaja Yoga.

*Birthday Puja 2001*

If I am your ideal you should try to imbibe My nature within yourself and then you'll be amazed how you are connected with Me. Then we all move like one wave, one being, one personality. *Sahasrara Puja 1980*

If I am  
your ideal  
you should try  
to imbibe  
My nature.

# *The Basics*

## consolidation through introspection

**Shudy Camps UK**  
**6 June 1988**

The consolidation of Sahaja Yogis is very important. The first thing, to consolidate yourself, you must do introspection. You must do introspection. It's to reflect the light within and see for yourself what have you done so far in Sahaja Yoga. Where are you? How far you have gone and how far have you to go? What is the thing that is lacking in you? You'll be surprised when you start seeing yourself in a very unbiased manner, not justifying yourself, not blaming any bhoots or not blaming any badhas within you or somebody else. If you start with yourself – what has gone wrong with you that you could not consolidate yourself properly – you'll be amazed that there has been problems still lingering on, which must be corrected. Now these problems you can see very clearly. In the light of the spirit, you can see them very clearly that “This has gone wrong with me.”



# *The Basics of Sahaja Yoga*



Everything is  
just a means  
to achieve joy.

### Early blessings in Sahaja Yoga

One of the most interesting things I've noticed is that Sahaja Yoga is all the time covered with some sort of a maya and this maya is ignorance – complete ignorance sometimes, sometimes partially.

Now when you get into Sahaja Yoga you get blessed. You get blessed, maybe your family gets blessed, your children get blessed. You get some sort of a blessing for your physical being. Also for the financial – you get jobs, you get money. You get something exceptional, which is really miraculous.

Now people get very much lost in those achievements and start drifting, thinking that “Oh, this is the blessing we have got now. We don't have to do anything any more,” that you are being rewarded sufficiently for whatever you have done so far. That's not so. It's just a sort of a support to you comes so that your faith should be fully established in Sahaja Yoga – especially so you should know Me, what I am.

But if you go on still drifting, then maybe some of these blessings may turn out to be curses and you might feel that “what a curse has fallen upon us and how it has gone in the wrong way.”

For some people it takes time to get to the feeling of the blessings. For example, mostly according to the modern ideas, we think that to get more money is the biggest blessing, so many get that also. But actually, it is not. To get your peace within, to get to your witness state and to feel your vibrations all right and to be in the centre all the time ascending is the real blessing. Because with that, you get everything else.

The completion is only possible when you have the complete joy bubbling within yourself. After all, everything is just a means to achieve joy, to feel the joy. It is not the end. If it was, those people who have money, those people who have good health, those people who have all the so-called success with them, they should have been happy and peaceful, but they are not. They are suffering. They are suffering too much. And they are, in a way, destroying themselves day by day because they hate their lives. They can't bear it. They cannot understand why they are on this Earth.

So all these blessings that come to you, all these changes that come to you, all these new venues that open to you, one has to know that it is for your benevolence. Everything is for your benevolence. And your benevolence is your ascent, nothing else but your ascent. The rest of it is all useless and fruitless. Once you understand that this is what you have to achieve in life, that is what you have to enjoy, then it works out.

### Introspection

In Sahaja Yoga, as you see, it's compassion and love. It is not so much restrictions. You're left to yourself to develop yourself. It's your spirit which has to guide you. There's no coercing or correction going on all the time, but it is left to you to understand yourself, to see for yourself and work it out.

But one of the criteria should be “What have I done for Sahaja Yoga? What have I done for Mother?” These two things are very important to understand. Whatever small thing you could do for Sahaja Yoga is important because, if you are intelligent, you can see that this is the greatest thing you have to do, to work for God.

This is the most important thing so far human beings have indulged into. It is the highest type of enterprise that human beings have ever had a chance to indulge into. And what a chance it is, too.

You may say that “Mother we are mediocres, we are no good, we are useless,” but you are chosen. You are the one chosen, so there must be something about you. You might not have seen that part within yourself which is going to work out this great work of God.



So you have to locate and find out “Why am I selected for Sahaja Yoga, what can I do in Sahaja Yoga, what can I work out in Sahaja Yoga?” This should be a constant reminder to you that “I have been chosen for Sahaja Yoga, I want to take full advantage of Sahaja Yoga....”

This is another point of introspection. It is very important to see that we have to do something for Sahaja Yoga. It's not money. It's not work. It's not thinking. It's not any kind of a support. But one of them, the most important thing, is how many people you have given Realization to. You have to count how many people you have been able to give Realization to, how many people you have talked to about Sahaja Yoga.

You may think that you give Realization to some people, they come, they disappear. It doesn't matter. They will ultimately come to you. Today you'll try on some. They'll be lost. Again tomorrow. You have to relentlessly work for it.

### The role of Sahaja Yogis

As Sahaja Yogis, you are powerful entities. You are very powerful people. We have got problems in the whole world. You know that very well. It's not necessary you have to be great intellectuals or you have to be people who are some sort of politicians or something. But you must be on the lookout for the problems which are troubling this world. You have to. You cannot live in your own world, that you are a saint.... You can't just be in *nirananda*. You have to know that you have to live in this world. And you have to know all the problems of this world. And you have to think about them, not only your problems.... “You have to think, “What's happening in the world? What are the problems of the world?” You are responsible for that.

Not only that, but you have to pray. In your prayers you have to say, “Mother, solve this problem.” Collectively, individually, you have to take your attention from yourself, from your smaller life to a much wider thing. Then you are a saint. And you have to think that it is your duty to ask for divine help, that all these problems should be solved. This is your job for which you are selected.

Your asking is going to work it out because, as you know, I am desireless. You have to desire for it. Whatever you desire will work out. The protection, the affection, the compassion of Mother is with you. But you have to look after this world and show the concern that you have, not to live with very limited areas and with very limited ways.... Your problems extend to all the places wherever there is Sahaja Yoga. And you have to worry about all of them....

As soon as you spread your attention outside, your problems are solved in the house, in the smallest circumstance. You have to pay attention outside.

There are important things that are happening which you can see for yourself. You can scan it out, what are the world problems, and you can see for yourself where you have to put your attention. You should become aware of your personality. It's not a personality that can be completely involved into a very small area. Your personality should get involved into all the problems of the universe, all the problems there are and you'll be amazed that everything can work out in a very collective way....

So stretch out your vibrations. Stretch out your attention and you'll be amazed that all other stupid problems that you have will be finished....

Stretch out  
your vibrations.  
Stretch out  
your attention.

You are the  
saints whose  
feet were  
washed by the  
River Ganges.  
Try to under-  
stand your  
glory.

So the attitude toward ourselves should be to be aware of our own glory of our own position to know that we are saints, that we have reached a stage where we are at the highest and that now we have become the light and we have to give light to others.... You have to put the light on a pedestal ... at a very highest point to give light to others. And this is working both ways if you start understanding what you are, what you have to be aware of, what is your situation, what are your powers, what you have achieved in Sahaja Yoga, what is the debt you have toward Sahaja Yoga and what you have to give for Sahaja Yoga, how Sahaja Yoga has made you so capable, so good, so nice.

Are you righteous enough? Are you behaving properly? Are you doing all the right-ful things which are necessary? Because it is only you who can do it. You are the people with very, very special energies and special contacts with the spiritual life. And if you start behaving like all other mundane, nonsensical people, limiting yourself to a family, your children, your nonsensical previous lives, you'd be lost – lost to yourself and lost to everyone.

The problems are much more than what you know about. That is the understanding you have to reach, that “Mother has made us yogis. We are saints and we have to show to the world the right path. She has told us that we are the light and we have to show to people which way to go, how to go further...”

Now it is for you to understand. It is for you to decide about yourself. It is your own desire. It is your own bigness, your own magnanimity which has to come forward, to see for yourself what you are capable of, what you can do.

### **One mind and one heart**

I have brought My children back to normal conditions. I've taken them to the kingdom of God. You have to do the same. You have to take them to the kingdom of God. But if you yourself are involved into your own mayas, you will be every day going down and down and down and down. I may shout. I may say anything. It will not go into your heads. It will never click with you. You'll be all stranded wherever you are because you don't want to see....

With your intelligence, you can understand that this is such an important work our Mother is doing. You'll go down in history, every word you say, everything you say, every way you behave. Everything is going to go down in history – not how many children you produced or what sort of a wife you have, but what you did for Sahaja Yoga. Remember that. History is going to record everything, whatever you have done and whatever you have achieved in Sahaja Yoga.

It's not showing off. It's not just a demonstration. It's not talking big. It's nothing of that kind. It's actually, really, totally what you have achieved that is the point. It will be recorded. At least God knows hypocrisy and God knows bombastic temperaments. It's God who knows where you are and what you are up to. You cannot befool God. That is one thing you must realize. But when you are befooling God, you are befooling yourself, your spirit, your Realization, your own ascent. So we have to be careful.

As a mother, I would say try to be introspecting yourself very carefully. “What have we done for Sahaja Yoga? What have we done for other people who are drifting? What has been our behavior towards other Sahaja Yogis? How much peace and love and compassion have we given to others? How much understanding and tolerance have we shown to others...?” You are the saints whose feet were washed by the River Ganges. Try to understand your glory. Try to understand your own powers, your own position as saintly people, Sahaja Yogis who are above all the saints because you know how to give Realization. You know everything about the kundalini....

It is so obvious that it's a very precarious time we are passing through. It's very important we have to fight it out. It's much more than any wars you have fought. It's much more than any struggle human beings ever had. It's such a horrible world that has been created and we have to transform it. It's a tremendous task. For that, you have to work it out in a very sincere and an innate manner. And I'm sure one day will come in the history of this world that Sahaja Yogis will have their names written with golden letters. I'm sure this will work out. I'm sure this has to work out. And that you all have to achieve it collectively, with one mind, with one heart. "What should I sacrifice? What should I do? How should I help? What is my contribution?"

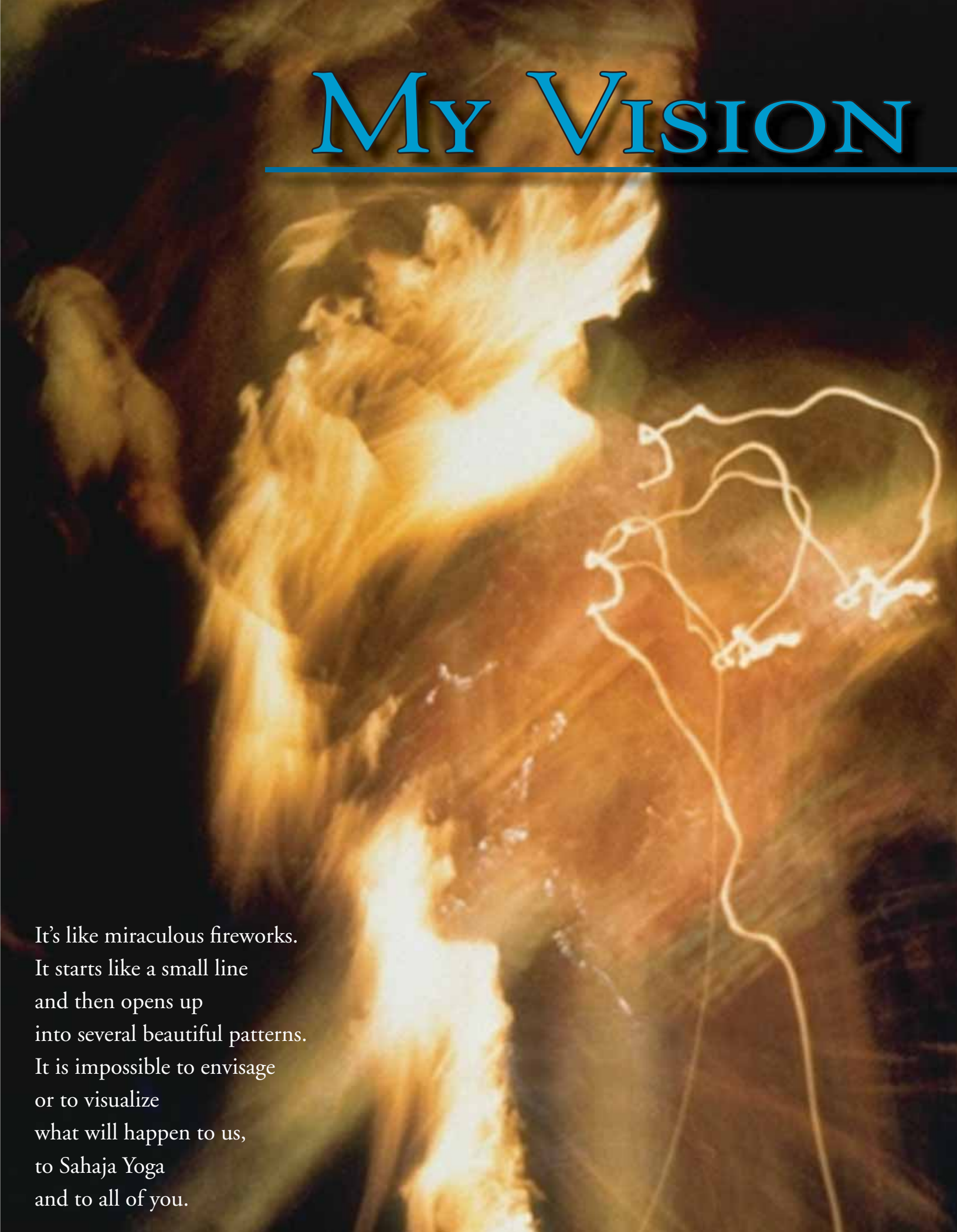
I wish I could see those days in My lifetime. ॐ





# My Vision

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It's like 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.

## MOTHER, WHAT IS YOUR VISION FOR SAHAJA YOGA?

This is the one, started already. My vision for Sahaja Yoga is that all the good people, righteous people, God-loving people will rise above all that is useless, worldly, and reside in the heavens with all the blessings of God, forever and ever. *6 May 1987*

My vision is that these right actions and the appropriate reactions will bear their fruit of a very beautiful world of brotherhood and peace, which will be worthy of its enlightenment. *1 September 1989*

My only vision – I shouldn't say desire because I don't have desire – is that I should see all the Sahaja Yogis drenched in the power of love, enjoying each other's love, enjoying each other's relationships and improving relationships. *Guru Puja 1996*

It's a tremendous task and I'm working twenty-four hours. I have no sleep, nothing. You know that. It's all just a life that's so enjoyable. And itself, the whole vision, I can see so clearly, of those beautiful days when we all will be enjoying each other and the bliss of God together. That's the only thing I want. We have to pull out so many human beings from the clutches of the evil forces. *24 May 1981*

You must understand the complete vision of Sahaja Yoga. It's a very big thing you are doing. You are not small. You are doing a very great work because it is the solution of all the humanity. This is the solution of all the problems, whether political, economic or anything – whatever you call it. It is not only that, but the more people you have, you will be surprised I'll work it out much better. *2 September 1980*





I see all Sahaja  
Yogis drenched  
in divine love.

To Me, it's like 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.

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 were so many seekers to begin with. I never knew that there were such subtle people on this Earth.

*Birthday Felicitations 1994*

I don't think it's a very great achievement for Me because I have no vision, as such. I've heard this word, that Mother has a vision. No – I have no vision, I must tell you. My simple thing is that everybody must love. And a pure love will change your lives. It will change the whole world, no doubt about it. It should come to you naturally because now you have pierced through your Sahasrara.

*Birthday Felicitations 2002*



My vision is too great for one life.

I want a global Realization.

I want people all over the world to have Realization.

### My Vision

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We have to show the results of kundalini awakening. It's not only for you people who are realized. It's for the whole world. That's My vision. And according to that vision I have been doing My work. And now, as you know, I leave this responsibility to you all.

*Diwali Puja 2000*

I have a vision, no doubt, and I've been talking about it quite a lot.... I know some countries are very difficult. Try to find out what is the problem, why it is so very difficult. Attention has to be paid to this, what other human beings are doing to destroy themselves, as if it is the part and parcel of the same game which we call as the last judgement. But let us, through our compassion and love, save as many as possible.

This is the work of the Adi Shakti, not the work of any saint or any incarnation. They're all there, no doubt. They're all with us, all the time to help us, but you people have the power of the Adi Shakti, which is very great, which is very penetrating, which is miraculous. It's so effective, but unless and until you become aware of your own powers, how will you work it out? It would be like a dead machine that has everything, but nobody is there to work it out.

*Shri Adi Shakti Puja 2001*

After all, you have come to Sahaja Yoga not for anything else, but for your growth. And to keep that growth on, you have to acquire a sense of understanding, what should be your personality relative to others, relative to other people who are still seeking, who are still blind. We have to achieve a global emancipation. I know that's My vision.

*Diwali Puja 2000*

### THE GLOBAL EMANCIPATION

We have to  
achieve a global  
emancipation.  
I know that's  
My vision.

CHANNEL THIS  
DIVINE LOVE

I hope you'll understand My vision and you'll stand by Me. You'll come up to that. I depend on you entirely for My vision. We have to change this whole world into a beautiful place. For that, not much sacrifice is needed. You're already blessed. You don't have to do much. The only thing is keep your attention on the Source of Power.

*Navaratri Puja 1990*

Your first and foremost responsibility is Sahaja Yoga. Because you should know what a work it is. It's such a great work, to transform the whole world. That's My vision. At this old age, also I think the same way. Now, if that is My vision, what should be your attitude? That we should go all out to spread Sahaja Yoga – that's the main thing. I call you for these pujas just to renovate or to give you more of energy and all that, but if you are just taking it as great blessings and sitting at home, it's of no use. You must spread Sahaja Yoga.

*Shri Shivaratri Puja 2002*

If that is My vision,  
what should be  
your attitude?

Take My position. I'm all right. I am complete. I have no problem. But why did I work so hard and want so many Sahaja Yogis? Why? What was it? I don't have to grow either. I'm overgrown already. I don't have to do it. But why? What is the need?

The need is like this: the need is of love. I have so much love that I have to channel it. If I don't, I'll suffocate.

I can't love Myself. This love has to spread. For that, I have to have you people who can take this love to others and make them happy. This is a kind of a vision I have.

In this special time, it was promised by many people, by many saints and it is so obvious that you are all specially chosen for this kind of thing. Now how far you understand your importance is a different point.

You do for your emancipation. You meditate. But if you are not channelling the love, the divine love, what is the use? They have never known divine love. It has to be given to them. They have to feel this divine love, this power of the Adi Shakti. They have to know it, otherwise you are being selfish, that you had a nice time having all this and you have not given it to others.

*Shri Adi Shakti Puja 1997*

It is something you have to do and find out why you can't do it. Like Me, I was not supported by anybody, not helped by anybody and how I have managed to break the Sahasrara. You can also break the Sahasraras of others.

It's not difficult because My vision is that this world at least should have forty percent of people who are realized souls and who are practising Sahaja Yoga, who are giving Realization to people and trying to change the people.

*Sahasrara Puja 2001*

Do not think that you are ordinary,  
otherwise I would never have chosen you.



My Vision

It's a very big vision I have – a very big vision and that vision can be done through you people. Do not think that you are ordinary, otherwise I would never have chosen you. But you have no recognition of yourself also, as you have no recognition of Me. You have to recognize yourselves and respect your Self.

ASSUME YOUR  
POSITION

*27 September 1980*

All of you have to realize that you are not Sahaja Yogis for only your selfish ends, nor for your families, nor for your communities, nor for your country, but for the whole world. Expand yourself. You must have that vision before you that I have put many times before you people, that you have to emancipate humanity. Now don't have diffidence.

First of all, you should not think that “We are very ordinary people. We haven't got something special about us.” This work is not going to be done by special people because they are suffering from ego. It is going to be done by people who don't have that ego of great success or of great achievements or riches or anything. If they are rid of this, then only they can work it out.

*Sahasrara Puja 1990*

Take a big vision of the whole thing – why this universe was created, why you were created as human beings. What was the need to do all these things? For what is it done? If you have a very big vision of the whole thing, then try to locate your position. “Where am I?” And then, “How the Divine has selected me and, now I've become a Sahaja Yogi, now what is my responsibility?” That, one has to see.

*Navaratri Puja 1993*



Get the whole  
view and vision.  
It's beyond  
the horizon.



I am thinking of the collectivity of the whole world. That's My vision and, if Sahaja Yogis cannot be collective, who is going to be collective? Who is going to fulfill My vision?  
*Shri Mahakali Puja 1990*

To understand, first of all, the expanse of Sahaja Yoga, to get the whole view and vision, it's beyond the horizon, so great and you are working it out. You have got the powers to do it. You are especially chosen for it. Imagine – you should visualize yourself also, what you are. And once you understand what you are, relate yourself to the great vision.

If you think you are doing some work for Sahaja Yoga, then give it up, absolutely give it up. But if you think, "I am just doing it because I enjoy it. I am not doing it. Mother is doing it." Once such a feeling comes in, then you understand that the wisdom has come in. And this wisdom is the one that is really going to give you the light. In that wisdom, then you will understand what is the leela and how we have to enjoy ourselves. We have to know that's the leela and we have to also know that it is the work of the Divine for which we are chosen and that we have to work it out.  
*Shri Krishna Puja 1990*

How you should be among yourselves, how you should talk, when you should get up, when you should sleep – everything will change if you really become aware of the fact that you are representing God Almighty, who is the source of discretion. In discretion, so many things you will learn. The first is the tolerance. "It's all right. We'll work it out. It will work out." You will learn what is the love which is detached. You will learn what is the humour which tickles, but does not hurt. You will learn also what to say in your lectures, what to listen to. And, of all things, you will know how to fulfill the visions of God Almighty.

## My Vision

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Love should have no fear. It should have just free love, without any fear, without any aggression. Enjoy that pure love. And that is what is missing in the human beings today, as it is.

When the day will come when human beings will be understanding the beauty of love, then from the heavens there will be flowers falling on us. It will be such a tremendous day when Mahadeva will be able to close His third eye and will be peaceful in His heart.

It is My vision. It's the future for you, to see how peacefully you can talk to people, how sweetly you can love others, how much you can give to others.

*Shri Shivaratri Puja 2001*

It is very difficult to speak, even for Me, to see so many Sahaja Yogis sitting here with such shining faces from all over the world, as if My vision has taken its form today. I see in you the saviours of tomorrow, who are going to save this world from all the Kali Yuga calamities that are surrounding us. It's coming from all sides, while you people have really taken your second birth from this pond of Kali Yuga and have really become beautiful lotuses of different colours, hues, fragrance and beauty.

With your good wishes, with your prayers, this world will be so beautiful, so enchanting that, in history, people will describe that the world itself became a lotus full of the fragrance of divinity. You are the petals. You are the corona. You are the colour. You are the beauty. You are the pollen of that beautiful lotus – which is My vision of this world.

*Birthday Puja 1993*

THE WORLD  
BECOMES A LOTUS

You are the petals.  
You are the corona.  
You are the colour.  
You are the beauty.  
You are the pollen  
of that beautiful  
lotus which is My  
vision of this world.

# the gravity of the guru

The one who attracts  
the attention of the  
seekers is the guru.

THE WORD GURU COMES FROM “THE ONE WHO IS MAGNETIC,” the person who is magnetic. The one who attracts the attention of the seekers is the guru. Also it means the heaviness or, you can say, a person who is very steady, who is very deep, who has the knowledge and who can act like the Mother Earth. For the power of magnetism in the Mother Earth also is called as magnetic, but in Sanskrit it is *Gurutwakareshwari*, which means the attraction of the heaviness of the Mother Earth. But actually it is a power of the Mother Earth that makes us stand properly on our legs when it is rotating with such a tremendous speed, otherwise we would be all thrown away. With that velocity that She is moving, we are still attached or we are one in our balance. This is only because She has gravity. This gravity has to be in a guru. Gravity means a kind of a serious understanding of oneself and ones own responsibilities. So





### GRAVITY THROUGH SURRENDER

If one cannot surrender that doesn't mean that you don't do anything, but surrendering means "the worship," the respect for the higher, the obedience to the higher, not to argue it out, not to react – acceptance, absorption – like a child absorbs the milk of the mother without questioning, without reasoning. That is why Christ has said, "You have to become like children." But if you are questioning, then you are no more a child. So the first state which you have to develop is a childlike state, but a child who is a realized child, who has to have gravity. If you can develop it in childhood first, then everything takes a proper course because maturity cannot take place unless and until you start from the very beginning. And gravity means maturity.

Gravity means  
maturity.

*Guru Puja 1984*



In your  
silence you  
can manifest  
your gravity.

#### DEVELOPING THE GRAVITY OF A GURU

So the word guru means gravity, that the Mother Earth has gravity. In the same way, a person who is a guru has to have the gravity. But how do you develop this gravity? Some people just artificially become very grave and sometimes show that they are very serious or something like that. Gravity is within yourself. The second state of *guru pada* is when your gravity must manifest. As you become the witness your gravity starts expressing itself. It will not show as temper or seriousness or anything like that. But it will manifest in a way that the whole thing will become extremely dignified and majestic. It will just manifest by itself. So the state in which you rise now becomes effective. Before this, it was not. You had to all the time manipulate, say this, say that. But in your silence you can manifest your gravity and this gravity acts like a magnet. As you know, there is a magnet in the Mother Earth that we call as the gravity, by which people are attracted. We are resting on this Mother Earth because of Her gravity. Everything is attracted to the Mother Earth because of Her gravity. So you get a magnetic temperament, magnetic character, magnetic personality. And this magnetic personality that you develop immediately shows that it is manifesting its power. Try to understand. The light now is coming on Me. It is just giving light, but it is not manifesting anything. We can see the sun's rays. It is the best example. The sun's rays, when they fall onto the leaves – the rays which look simple – manifest their power of making it into chlorophyll. In the same way, when you are at that height or at that state, then – without saying anything, without doing anything, even a glance – you manifest.

### MANIFEST OUR GRAVITY

When you start witnessing something without thought, there is no obstruction for absorbing the knowledge about that thing because there is no thought. It's complete absorption which takes place. And then it manifests. This is how the Divine Power works within us. So with our gravity, what we do is to touch that depth within us, which can carry the Divine Power and manifest. Unless and until we touch that depth within us, Sahaja Yoga is like *Hare-Rama-Hare-Krishna* – nothing better than that. And that's why I find so many Sahaja Yogis sometimes really go off their rails suddenly because they have no gravity to go down into their own being and to feel the beauty and the glory of their own being and to use that gravity for manifesting Divine Power.... The most substantial thing in your lives is this Divine Power, which looks very light. You never feel the weight of this Divine Power. You'll never feel the pressure of this Divine Power, but if you are not clean, if your channel is not clean, then this Divine Power cannot flow properly. It cannot manifest. So when we say that we are the instruments of God Almighty, then like this instrument we are. Now we are connected to the mains. If this instrument is not all right, then it cannot manifest whatever it is supposed to do.

### INTROSPECT TO ACHIEVE SELF-ESTEEM

We are much above all these ordinary instruments, even the most complicated, even the most advanced and developed by science, because we reach a state where we ourselves become the science, the science of truth, an absolute truth. So what is needed for a guru is self-esteem. This is a very important point people don't realize – the self-esteem. To achieve the self-esteem, we have to introspect and know that "Today I am not what I was before. I am a realized soul. I have got powers. Of course, I have powers – powers of love, powers of compassion, powers of grasping things, powers of creativity, powers of giving Realization to others." Nobody had these powers, but somehow or other in Sahaja Yoga you are not self-conscious and we should not be self-conscious because that can give you ego. But we should have self-esteem.

### THE POWER OF SILENCE

"I am a guru. I am a guru. I am not an ordinary person. I am not on the street. I am something special and on the shores of truth. I have to salvage the people who are blind, who are mad ... in the most chaotic conditions this world is today." So at that time, a kind of a silence will come within you. When there will be any such crisis, immediately you will become extremely silent. But this is again a state I am telling you. So now, if there is something that makes you upset or makes you unhappy, try to reach that point, that axis which is just silence. And this silence will make you really powerful because this silence is not only yours. When you are in that silence, you are in the silence of the cosmos – the silence of the cosmos. And the silence of the cosmos works for you. You are in connection with that cosmic power, we can call it, but it's more than that. It is divine power, I should say – *the* Divine Power, which is working all the cosmos. So if you just become silent within yourself, know that you are sitting in the kingdom of God. ॐ

I am a guru.

I am on the  
shores of truth.

*All words on pages 26 and 27  
from Guru Puja 1992.*



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# I am the One

**Guru Puja • 2 December 1979 • London**

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Today is a very important day because a long time back, when Christ was just a child, He read from the scriptures and declared to the multitudes that He was the Advent, the incarnation who is the Saviour. They believed that a saviour was going to come. Today, a long time back, on a Sunday, He declared that He was the Saviour. That's why today is Advent Sunday. He had to live for a very, very short time, so at a very young age He had to declare that He was the Advent.

Now it is remarkable to see that before this, no incarnation said publicly that they were incarnations. Rama, of course, had forgotten that He was an incarnation. In a way, He made Himself forget, played His maya upon Himself to become a complete human being – *maryada purushottama*. And Shri Krishna also only told one person, Arjuna, just before he was to start the war. Abraham never said that He was the incarnation, though He was the incarnation of the Primordial Master. Dattatreya Himself never said that He was the incarnation of the Primordial Master. All these three forces, acting through innocence, came on this Earth to guide. Moses never said that, though they knew He was great. He had overpowered nature, but He never said that He was the incarnation.

Those who  
know the shoot  
do not want to  
recognize the  
flowers.

At the time of Christ, one felt it was necessary to say, otherwise people wouldn't understand. If, at that time, they had recognized Christ, there would have been no problem. But still, human beings had to evolve further. Somebody had to cross the Agnya chakra in the Virata, to go through that door. That's why Christ came on this Earth. It is most surprising that in this Tree of Life, when the roots give out the shoot and the shoot gives out the branches and the branches give out the leaves and the flowers also blossom out of the same tree, those who know the roots do not want to know the shoot, those who know the shoot do not want to recognize the flowers. This is typical human nature.

I never said about Myself because it was felt that human beings have now achieved another dimension of ego even worse than at the time of Christ. You may blame anything. You can call it the Industrial Revolution because you were away from nature, or whatever you may call it, but human beings had lost all contact with reality. They were identified with artificiality and to accept such a great reality was going to be impossible for them. That's why I never said a word about Myself – until, of course, some of the saints told about Me. Some of the possessed people also told about Me. And also people started wondering how the most difficult thing of kundalini awakening takes place with that speed in the presence of Mataji....

Through rational understanding, people reach the point that Mataji has to be something exceptional because nowhere in the scriptures is it written down anywhere that such an incarnation came on this Earth whose mere glance, even thought, can raise the kundalini. Many saints, who are away from the madding crowd, sitting in the jungles, in the Himalayas, all know about it because their awareness is at a point where they understand. They understand much more than you do because you are still children, newly born. They are grown up.



My love will  
nourish you  
and My nature  
will fill you  
with peace  
and joy.

But today is the day I declare that I am the one who has to save humanity.

I declare I am the one who is the Adi Shakti, who is the Mother of all the mothers, who is the Primordial Mother, the Shakti, the Desire of God, who has incarnated on this Earth to give its meaning to itself, to this creation, to human beings. And I'm sure, through My love and patience and My powers, I am going to achieve it.

I was the one who was born again and again, but now, in My complete form and complete powers, I have come on this Earth, not only for the salvation of human beings, not only for their emancipation, but for granting them the kingdom of heaven, the joy, the bliss that your Father wants to bestow upon you.

Today is the day of Guru Puja – not My puja, but your puja as gurus.

I anoint all of you as gurus and today I will tell you what I have bestowed upon you and what great powers you already have within you.

Among you, there are people who still have not been able to recognize. My announcement will work it out within them – the recognition.

Without recognition, you cannot see the play. Without the play, you cannot have confidence within yourself. Without confidence, you cannot become a guru. Without becoming a guru, you cannot help others. And without helping others, you are not going to be in any way happy.

So to break the chain is very easy, but to build the chain, one after another, is what you have to do. This is what you were all wanting to be, so be confident and be joyous and be happy that all My powers will protect you. My love will nourish you and My nature will fill you with peace and joy.

May God bless you. ॐ

# a beautiful globe

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born to transform  
the whole universe  
into a beautiful globe.*

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## silence and quietude



You are all Sahaja Yogis and there should not be controversy between you. You should all think of the same thing.... Today in the shop there was a lady. She came and she wanted to have her Realization and she got it. She got it very well. There are many who are

## the curse of the west



People think too much all the time – thinking, thinking, thinking. That's from Swadisthan. You get that problem from Swadisthan. To satisfy the Swadisthan, you have to take to silence. You have to take to quietude and look at yourself. What is

## you are spiritual



Materialism comes because people have gone mad with their greed.... I have found a solution for Sahaja Yogis, what they should do. They should try to encourage handicrafts.... If you people take to sense – because you are the ones who can do it – if you

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**Front cover:** Her Holiness Shri Mataji Nirmala Devi, Diwali music evening, 10 November 2007 (*Paul Anant*) **Contents pages quote:** Shri Mataji Nirmala Devi, Guru Puja 1994 (“If you want, it can work out. The All-pervading Divine Power of love is absolutely working it out. More than you, the Divine wants this world to change, wants to transform the whole universe. Now you are the instruments and if you try to cheat yourself, who can stop it? Just to enjoy music or to enjoy the company or belonging to some club or to feel that it’s a nice festival or at the most you seek the security of your children and family and all that – it is not satisfying. It will never satisfy you. It will only satisfy you when you will become the lights to give it to others, to work for others.”) **Contents pages photograph:** Shri Mataji Nirmala Devi **Page 2:** Sahaja Yogis at International Sahaja Yoga Research and Health Centre, Belapur India, 23 December 2007 (*Paul Anant*)

**Pages 2 and 3:** Shri Mataji Nirmala Devi at International Sahaja Yoga Research and Health Centre, Belapur India, 23 December 2007 (*Suneel Janakwar*) **Pages 6 and 11:** Shri Mataji Nirmala Devi **Page 15:** Shri Mataji Nirmala Devi at Stonehenge UK **Pages 17, 18, 21, 22, 25 and 26:** Shri Mataji Nirmala Devi **Page 29:** Shri Mataji Nirmala Devi, Guru Puja, Dollis Hill ashram London, 2 December 1979 **Page 31:** Shri Mataji Nirmala Devi in India **Page 32:** the sky near Calgary Canada (*Ian Butterworth*) **Back cover photograph:** the evening of the Diwali music program, 10 November 2007 (*Paul Anant*) **Back cover quote:** Shri Mataji Nirmala Devi, Shri Buddha Puja 1988 (“Despite all problems and anything, without feeling bad about it, just see that you move like a big elephant towards giving Realization to others, creating more Sahaja Yogis and more Sahaja Yogis in America. Those who have this aim in life that we have to give Realization to people, we have to achieve the establishment of Sahaja Yoga, they never will have any problems of any kind.”)

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