



Tomorrow,
you are
going
to show
to the world
what Sahaja
Yoga is,
not Me.



the one who gives blessings and removes all fear





one thousand *petals*

Sahasrara – the word *Sahastr* in the Sanskrit language means one thousand. And there are one thousand petals in our brain, which get enlightened....

These petals are kept ready for our enlightenment and these are really the nerves – one thousand nerves – which are there for the enlightenment of the brain.

So when the Kundalini rises, She enlightens those one thousand nerves which become like the shape of these flames – like a petal. And that's why it is called as the Sahasrara – the centre of Sahasrara.



In human beings it is a very important centre because this is the only centre by which we think and we try to stop whatever we don't like. This is the centre which reacts – reacts in such a manner that, without any discretion, we start saying no to this and no to that....

But you cannot become your Self unless and until this Sahasrara, this brain, is opened out and the Kundalini becomes one with the Param-chaitanya. Before that, you are in complete ignorance about what is good and what is bad. Whatever you think, for this brain it is good and you do it. But whatever is really good, you do not know because you do not know the reality.



Always do

the right.

You have to

decide on

that point.

The new awareness

We have to understand the consciousness that we have – consciousness of being alive, consciousness of so many things we have and the so-called knowledge we have about everything. All that consciousness is stored near the liver.... But then this consciousness starts rising higher and higher. Then you become aware.

In the evolutionary process you become aware of things without going through your brain. You just become aware. And how? Not by thinking, not by understanding or seeing, but you become aware because your brain has now started working in a manner that's very, very sensitive.

So you just become aware of some sort of a fear or maybe some sort of a goodness or anything. But it goes even further ... where you start liking a person or disliking a person, but still it's nothing definite and sure. You dislike a person because he has a particular type of a face. It may be the eyes or maybe anything. Or maybe because you have known somebody who has been very nice, so you start transferring that image onto others.

With these transferred images you can hate or love someone. Then you start saying, "I hate this, I hate that," which has no actual substantial meaning. You hate it because, perhaps, maybe such-and-such a person looks like somebody.

Now you go further with it. Then you see that such-and-such a person – now I'm not talking about things, but about people – "such-and-such a person has done this harm to me...." So you start feeling that you should hate that person. Now you start hating that person. With that hatred, you develop new faculties of how to harm that person. Then you start thinking how to destroy that person, how to make his life miserable. Then you may beat that person. You may shout at that person. You may try to kill that person. You can do anything.

So now the awareness is going towards another direction, which is darkness, which is not light because in the light you won't do such a thing. In the light you see everybody is sitting. You know how far you are, where you are sitting. If you want to go out, you know how to walk out. But when in the darkness you are there, you just don't understand and you go on behaving in a manner which cannot be explained otherwise, except that it is because you are a human being....

Human beings don't have any particular reason, as such, to hate someone. But why it works out is because they are involved in their ego. An egoistical person feels that he has a right to do what he wants to do. He can kill anybody. He can bomb anyone. He can do whatever he likes. But a person who is not doing that is the other way around. He is frightened. He is afraid of someone.

Now the awareness moves on. This is a subtler awareness because, if you are afraid of somebody, you would not like to go to his house. You will avoid him in the street. All things you can do, so all this kind of knowledge about other human beings also accumulates in your mind.

Then this thing starts working on a collective level because you think this group is very bad, they are good, these are bad, they are excellent – like that. In your own mind you think that somebody has a group and the other group is better or that group is better. And collectively then, you start working out your whole temperament, your awareness.

A connection to reality

What is important is that you should know reality. You should know exactly what is right and what is wrong. For that, there is this great power of Kundalini within you. She is the one. She passes through all these centres – enlightens them first of all, so your awareness gets enlightened. And when She pierces through the Sahasrara, She joins you to this All-Pervading Power, which is knowledge, which is love, which is truth.

So after that, you immediately know – some people don't know immediately, but some people do – that what we have been thinking so far, of separating ourselves from others by thinking that they are not all right, they are wrong, they are whatever it is. This disappears. This disappears completely. And then you realize that your awareness itself is dominated by so many other circumstances – for example, where you were born, what your parents taught you, what experiences you have had. And then you realize that it was all wrong because it is not reality.

Whatever feelings you have, whatever ideas you have about another person or about another nation, all of them are not correct because now your Sahasrara is awakened. It is connected now to the All-Pervading Power. So this starts flowing into you. This enlightened awareness, it starts flowing down into your being, in your brain and then on your nerves you can feel that awareness.

Now once you want to know about something, whether it is right or wrong – absolute right and wrong, it's not a question of relative – you just have to put your hands towards that person or towards that thing or whatever it is. Immediately on these vibrations you will know...

These vibrations are the Paramchaitanya. We call it Brahmachaitanya, which starts flowing through your fingertips. Now you start feeling what chakras they are catching, whether they are right or wrong and your discretion improves immensely...

When your Sahasrara is enlightened, whatever you had gathered – knowledge, whatever you thought was right, whatever was your dream and your aims of life – all these aspirations, they melt away. And then you take to reality and you start seeing the reality of everything.

Unless and until you see that reality, you will be going with another crowd. "These people are saying so, so let's do that." "They are saying so, so let's do that." But you cannot see whether it is correct or not, whether it is good for you or not or whether it is going to help you.

This kind of thing is so common in the whole world and that is why there is so much problem because they don't know the reality. Once you know the reality, most of the problems can be finished because this brain itself is creating problems. First of all, it commits all kinds of atrocities, violence, everything. Then it also justifies itself and then it does even worse things.

All this they used to call it as sin, but now in Sahaja Yoga that's finished. Whatever your brain was contaminated with is now cleansed. It has got the knowledge and, through the knowledge, you can make out what is right and what is wrong.

Up to this point it is all right, but then you must have full understanding that whatever is right is right and whatever is wrong is wrong and we should not do anything that is wrong. Always do right. You have to decide on that point.

Now we have to do the right only, never the wrong. This is when it comes to your mind. Then what starts is your determination, what we call as devotion, dedication, surrendering. With that, you give up all your false ideas and all your false pride, all other things that you have been doing so far. And immediately you become a different person, a beautiful person.



You have
a vehicle of
Paramchaitanya
to know what
is right and
what is wrong.

Spreading the experience

Now the third thing that happens to you, which never happened to you before is that you feel that “Unless and until I give the same state to other people, it won’t be all right. It won’t be all right for me to talk to them.” So you start talking to your brothers, sisters. Then you start talking to other people. The whole nation you can talk to about Sahaja Yoga, that “I have gained so much. I have got these things, so now why not you take it...?”

By talking, by discussion, by arguments, by sermons, they will never take to it because their brain is just the same, still full of ignorance. So what you have to do is to raise their Kundalini. Once you raise their Kundalini and their brain opens, then they are on the same line as yourself. They don’t have to worry about what is good and what is bad. They know themselves.

Now that is what is very important. To correct this world is very important, that you all should know what is right and what is wrong and you have a vehicle of Paramchaitanya to know what is wrong and what is right. Now this strength starts moving and, as you see, there are so many people today with their open Sahasrara.

Opening the Sahasrara was the most important part of the evolutionary process. All the evolutionary process brought human beings to what level? We had wars. We had all kinds of silly programs by which we really ruined so many countries, so many people.

Now when you are one with that All-Pervading Power, it is a pure power, it’s a nirmal power, an absolutely pure power that gives you complete sense and complete understanding as to how you should move, how you should live and what you should have.

This is what is Self Realization, they say. But I would say that Self Realization is much further than that. Even if your brain is enriched by the knowledge, the real knowledge, still there are other things which you should have and the most important thing is that you have to be completely aware – again I say the word “aware” – of where you stand in this big plan of world global transformation.

What is your position? What are you supposed to do for this global transformation? What is your position? Where do you stand? What is the work for you to do?

Now you have got this compulsion on you, that “I have to do something.” When this compulsion starts working on you, which is not dreadful, which is not annoying, but very peaceful and joyful, which says that “I have to see that others also know themselves.” So to know themselves is, first of all, that you must know your own chakras....

It is not only for others, but for yourself also. It is important that you should get your chakras corrected. That is the most important thing for you and then you will have self-knowledge in the sense you will know what is the defect, where is the defect, “what am I doing wrong, what should I do?” And then, when you correct it, when you correct those centres, then your awareness will be really fully enlightened about all the world.

You have to transform this mad world into something very sane.

Global transformation

It is a tremendous thing. It's very tremendous because, if you have to transform this mad world into something very sane and if we have to give them all Self Realization, imagine the task, how great it is, how many people we need to do it. But if your will-power is strong about it, you feel compelled to do it. But normally, we are compelled because we have to run our houses, we have to earn money, we have to do this, we have to do that. That you can do. But the main object of your life is to transform people and to work it out, this transformation, for the global peace.

I don't know if it has been predicted or not, that a complete transformation will take place. But they have talked about transformation. I don't know that part and I just don't bother My head as to how many people are getting transformed. But after transformation you must settle down.

First of all, you should see if you are a peaceful person, if there's peace in your heart. If you have no peace in your heart, then you are not a Sahaja Yogi. If you get excited and if you start shouting at people and all that, it means you are not Sahaja Yogis. You have to have a very, very peaceful temperament. That is very important. Now with that peace, what should be there is pure compassion. What you are doing is not for your benefit, as such, but because you are compelled by this force to do good for others, to transform them. This is the greatest good you can do to others, that their brains are put right, they get rid of their diseases, they get rid of their problems. It's all there.

But the first thing and the most important thing that happens is that they get the power to transform others. When you have that power to transform others you should not waste it. You should not use it for yourself. That means the growth is not complete. You must talk about it, you must tell about it and you must work it out wherever it is possible. You have to work it out. This is the way we can spread to people on a global level, who can get complete transformation.

All our problems, whether in India or anywhere, is because of human beings ... have not been enlightened. If you are enlightened, you will have no problem of any quarrelling or any fighting and all that. If you are enlightened, then you will think about others – others as if they are your own.... You will not think about yourself any more. If you are enlightened, then there is no question of any violence in your head.

Nowadays, in the name of religion, in the name of everything, there is so much violence. This violence can be easily corrected if they all become Sahaja Yogis. Think, if all the people become Sahaja Yogis, how will they quarrel? For what?



Don't retaliate.

Don't get angry.

Don't get upset.

You will enjoy

the same life

which was

irritating you.

The divine play

Religion is there, but above all these religions is the religion of Sahaja Yoga, where you become one and there all these quarrels of religions will disappear.

This is not the only problem we have as human beings. We have some other problems also – very serious. We have a hankering. We are very greedy. We cannot adjust ourselves to any other circumstances. We want to live in complete comfort and this and that. But after this, you can sleep anywhere, you can eat anywhere, you need not eat. You become a person who is above all these needs, all these demands, absolutely. Then you don't worry. There's worry for what...?

Now with this blessing of Sahasrara, you will be amazed there is help from the Paramchaitanya and that means a tremendous help because it acts globally, it acts individually, it acts on communities, it acts on nations because there is the Divine – what you call divine. There is a divine play going on. And this divine play plays tremendous, beautiful things by which people start correcting themselves.

So you should never be nervous. You should never be upset because you have the divine power within you and it will correct. It can correct anyone.... All this work is done by the Paramchaitanya. You don't have to do anything. Any problem that comes before you, before it really touches you, it is solved by the Paramchaitanya.

But you must have full faith in yourself and in the Paramchaitanya and believe that you are a realized soul. Nobody can harm you. If they try to harm you, for the time being – all right, you may suffer – but you don't also feel the sufferings and you get out of it. Such a security, such a proper guidance is there.

Also you are saved from all kinds of attacks and all kinds of mistakes that you commit. It's all such a big computer of knowledge. He knows. It knows what you are doing and what you should not do, where you are going and what should not be your way. It knows everything – knows everything about you.

So then you have to become aware of it. Now this is the stage where I would say that you have to be aware that you are realized souls. You are different, very unique. You are realized souls. You are not ordinary people and you are protected by this Paramchaitanya. Nothing can change you. Nothing can trouble you. Nothing can overpower you.

Because you are not aware also of this Paramchaitanya, that's why you a little bit get worried.... Everything can be corrected by the Paramchaitanya if you know how to leave it to that, if you understand how you are one with that Paramchaitanya. You are a part and parcel of that and that Paramchaitanya is looking after you. You don't have a very conscious effort. There's no need to have a very conscious effort.

Accept life as it is. As it is, whatever life is there, accept it. Don't retaliate. Don't get angry. Don't get upset. Just accept and you will enjoy the same life which was irritating you. You will see the enjoying part of that and it will be so beautiful the way you will see that you will get over all your problems. You will get over all your enemies and a kind of a very fresh beautiful existence you will have.

You are the Paramchaitanya

You are all Sahaja Yogis. It is a very great position. With that, if you humble down, then you will be amazed to see that you are absolutely in contact with this Paramchaitanya. Not only that, but you have become the Paramchaitanya. With this Paramchaitanya you can do anything.

I need not tell you what you can do because some of you may not believe, but My own experience is that if you are the Paramchaitanya, if you know you are the Paramchaitanya, then it keeps your dignity, it keeps your position, it keeps your word and looks after you. And whatever is just said or desired, you just get it.

Your desires also change. Your desires are not for stupid things, but for something that is very noble – like you want to transform people, you want to do Sahaja Yoga work. All these desires are fulfilled fully. When you want to do it, you like it and you think of it. It is something.

Even seeing something, if you see something and you are stunned by that, immediately the Paramchaitanya will take over and you will have no problems because the way we react to all these difficulties and to so-called odds in life, it becomes a play – just a play. You are amazed. You look at it – and finished. Look at that – and finished. That is how it is the light. If it goes into the darkness and finishes the darkness, the darkness is finished and our problems are finished also.

So this is what our awareness has to become. Awareness has to become the Paramchaitanya. Then you get all the ideas, everything that is divine, but not only that, also the help of the Divine, all the solutions of the Divine. It is something amazing and everything quietens down, everything settles down and you are amazed watching all this, that you are the centre of doing all these things. You are not aware that you are doing and you are there. That ego part is missing, but you see it's all happening around you and then you are amazed how it is happening.

The whole lifestyle changes, the whole understanding changes and you become a great source of happiness, joy and knowledge to others. You don't have to study anything. You don't have to know much, but you will know about everything, what is right and what is wrong. And then only you can tell the things with complete authority, that "this is not right...."

I've seen people who are very rich think no end of themselves and then they become bankrupt. And those who are very bankrupt become rich. It's a kind of a turmoil in which they are jumping from one shore to another shore. But you are not. You watch that drama. You see all that drama and, with your peace, you can see everything very calmly.

It's not difficult for you to create more people like this. It's not difficult to transform this world. The time has come, just the right time. Like when the proper time comes, the blossom time comes, so many flowers become fruits. So like that, you all have become.

Now it is for you to create seeds to spread Sahaja Yoga. You are now at that level of awareness where the Paramchaitanya is with you, absolutely part and parcel of you, absolutely with you to give you all necessary help, all necessary prestige and also the personality.

May God bless you all.

Paramchaitanya

will give you all

necessary help,

all necessary

prestige and also

the personality.

Still

This is what it is: simple. You are integrated.

By integration, you get the power to do what you understand and you have the power to feel happy with what you understand.

So you come to a stage where you develop this Nirananda. And this Nirananda you develop when you are absolutely the spirit. In the Nirananda state there is no duality left. It is *advaita*. It is one personality. That is, you are completely integrated and the joy is not any more dented. It is complete. It hasn't got a happiness and a sorrow aspect, but is just joy.

The joy is not that you laugh loud. The joy is not that you are always smiling. It is the stillness, the quietude within yourself, the peace of your being, of your spirit that asserts itself into vibrations which you feel.

When you feel that peace, you feel like the light of the sun, the whole rays of that beauty spreading.

But first of all, we are curbed down by our own personal, selfish, stupid ideas. Throw them away. We have them because we are insecure, because we have wrong ideas. Throw them away. Just stand alone, one with God and you will find all these fears were useless.

Our cleansing is very important and that cleansing comes only when you really practise the cleansing as told in Sahaja Yoga.

The Sahasrara is the blessing of the heavens.

Keep yourself in a meditative mood. Try.

Tell yourself, “Be peaceful. Be peaceful. My mind, be peaceful.”

Be still. Be still. Tell your mind to be still.

You will be amazed. It’s all within yourself. Try to merge your stillness within you....

Now just ask, “Mother, take us deep into Your stillness.” Just ask.

ness within

This happening is called as yoga. But yoga also has another meaning – *Yoga Kaushalyum, yukti*.

What the word *yukti* comes from is that yoga means “with deftness, how to handle this instrument.”

It is not sufficient for anyone to get an instrument. Supposing you are given a car and the machinery is opened up. Still if you don’t know how to drive the car, you cannot drive it. It is useless for you. And if you try to do anything, you may spoil the car.

Before starting the car, if you start turning the parts like the tires or something like that or the wheels, the car won’t move. In the same way, without having the yoga, if you try to do anything in the name of God, you are doing it artificially.

So the *yukti*, the *Kaushalyum* to handle this instrument, is also to be learned. So the first part, this is the yoga. It is the sprouting of the Kundalini, the awakening of it and the breaking of the Sahasrara.

I should say it is the job of a Sahaja Yogi or your Divine Mother. But afterwards, to learn the *yukti*, the *Kaushalyum*, the *kushalta*, the deftness, how to develop this awareness into that stillness and this awareness into that higher awareness – which you call it vibratory awareness – how to station it there is the job of an awakened soul.

criticism & *intro*

What is the use of knowing what is wrong with others?

It is like England trying to improve the conditions in India

and India trying to improve the conditions in England. *Guru Puja 1984*

If we try to criticize others and not ourselves,

then we are going to miss the bus.

You must understand the importance of time. That is something people miss out.

Sahaja Yoga is very good because you are blessed and you feel that you are secured.

Things are very good. You get so many brothers and sisters and I see your faces just like roses shining. All that is good, but still there is a chance that you may fall back.

The reason is you must purify yourself. Never get satisfied with yourself.

Some people, when I talk to them, they never think I am talking to them.

They think I am talking to somebody else.

So please try to understand we have to introspect ourselves. We have to meditate.

And when we are conscious about our own defects, we will start looking at them and they will drop out. *Easter Puja 1991*

spection



criticism & introspection

We are here to judge ourselves and not to judge others.

When God's kingdom has to come on this Earth, we must understand the nature of Sahaja Yoga.

When you come to Sahaja Yoga you are coming into the temple of God. All the deities want to welcome you. They want to look after you. They want to give all the blessings. And they want to give you those powers by which you can give Realization to others and improve their lives....

Supposing you go to university and you have to learn something from your professor and, as soon as you see the professor, you start criticizing his suit or his nose.... That is not a sign of intelligence, of pure intelligence. It is a sign of ego and ego makes a person stupid.

We are here to judge ourselves and not to judge others....

Ego is even
worse than
dirt and filth
because it
attacks others.

All the individuals now have to enter into My being. You have to all become part and parcel of the Virat. The microcosm has to become the macrocosm. For that, you have to give up your small, limited personalities. You have to become very large, big, but what you have to surrender is your ego. That's the stupid thing which covers you up completely in the head and doesn't allow you to grow. So if you fight with it, it will exhaust you. For example, your ego is here and you are here, so light falls and you fight with your own image or your shadow. Then you are exhausted. Then you say, "Mother, I've been fighting with my ego, but the ego doesn't go." It is an illusion....

Stand under the light – under the light of enlightenment.... You don't fight yourself, so you don't fight your ego. You must only know that it exists. You stand before the mirror and say, "Now, how do you do, Mr. Ego?" Now a stupid idea comes, you say, "Oh, Mr. Ego, now don't tell me anything. I know it's all right. It's all right."

So you start detaching yourself, like you say, "All right, I forgive, I forgive, I forgive. I forgive you. You get out. You get out." The best thing is to shoebeat yourself. Then this ego business goes away. Now any idea comes into your head that "this is very wrong, this should not have happened" – it's all right. Forget it. Like supposing I see anything black on My sari, I won't have it there. I'll wash it off. Supposing I think this: "My sari is Me and this, whatever is dirt on that, is also Me." Then I won't leave it there.

But ego is even worse than dirt and filth because it attacks others. Also it attacks you. It comes from the over-activity of the brain....

So now, this is what happens to a person. Such a person gets old very soon. He is such a bore. Nobody likes such company. He may not like anyone, but such a bore no one likes....



Enjoy
the taste
of the
bliss of
God.

To correct your ego, first thing, you should never criticize others, never get irritated with others.... You are a Sahaja Yogi. Be patient. Be patient.

But for the ladies it is even worse. In My experience I've seen when women try to dominate. Actually, a woman is like this Mother Earth. And if the Mother Earth thinks that these trees are dominating Her, then what should we say? It is the same way if the women think that the husbands are dominating. I must say they are very wrong....

Try to pacify – that is her job – not to criticize others. On the whole, a lady should never be right-sided because there are so many problems she will jump into. I have seen these things happening in Sahaja Yoga.... What I'm saying is you should not spoil your children. But you also shouldn't dominate the children and your husband and the family. It is not a good thing for women at all. It's also not very sweet....

Our attention should be on our spirit, onto higher things, not how you keep your spoon, how you keep your fork.... All the time attention should be on our spirit because we have to grow.... Don't judge others' vibrations and don't be harsh to others. It doesn't behoove a Sahaja Yogi to talk harshly to another. It doesn't behoove – let alone meanness, selfishness, miserliness. It should be a character which should show as if there's light in that person. The meanness, talking at the back, “murmuring souls” as Christ says, criticizing others, that is a danger to you and to Sahaja Yoga.

Meditate every day. Be in thoughtless awareness. Any thought comes in, say, “Forgive, forgive, forgive” and grow. Unless and until you are matured in Sahaja Yoga, you cannot really enjoy the taste of the bliss of God. ॐ

the greatest guru



The greatest guru that we have is love, Sahaj love.

It is the guru within us which teaches us, which somehow or other leads us. We are led into that great line of understanding, for which we don't have to go to any college, to any school for education. It is something so much within that it works and expresses itself, expresses like a light.

Such people we can make out because they are fully enlightened. They have light, and through that light they see the whole world, which is very innocent and simple for them.

We have love for our children naturally, we have love for our parents naturally, we have love for some people, but that love is different from God's love. That has some connections, some meaning. But this love, which cannot be described in words, has to be felt within.

It is the same when you talk of your guru. You should have that love within you. Why do you feel it so much? The reason is the guru loves you and you love the guru. That's the only reason why you should love your guru.

Now there's no reason for that because love is love and that is how the guru becomes very important in life. We have people who love their guru and are very much in a chaste understanding of their love.

In this great opportunity of love that we are here to enjoy each other fully from our heart, there is this ocean within us. We have to just get submerged in that ocean. If we are lost in that ocean, then we will have no problems, no questions. Everything will be our own and we can manage everything without any argument, without any questioning.

That is what is being Sahaj. The Sahaj way – if you have this love, you enjoy. You enjoy yourself and enjoy everybody else because it is Sahaj. You don't have to make any efforts, don't have to try anything. Just it is there and it works.

The feeling of love has no way of expressing itself. It is just there. It cannot express because it is without expression. It is just to be felt within yourself. Then you want to do so many things. You want to help everyone. You want to help yourself. You want to do good to others.

So much has been done by great leaders of the world because they had that love. They had nothing else but this love which they could not contain within themselves, so they tried to spread it. And they are called now as our gurus, as our masters. But it is their love within which approached people in that unique manner. That's the thing that we cannot possess, you cannot claim. It is there and it works. It works automatically.

This is what we have to know: we are that love. That love is within us.

We have to have knowledge. We have to have a complete knowledge that we are that love. That will solve our problem because you can explain everything, all your behavior, all your failures. Everything you can explain when you know that you are endowed with that love.

This is what is the guru. It is the love within you which wants to share the love with others, which wants to give love to others. This is what is peace and joy.

I can go on talking about love, but to feel it within yourself is the biggest thing. ॐ

If you want to have a guru,

you can call Me "guru" because

a mother is the greatest guru,

isn't she? But a mother is a very

soft guru also. That's the trouble.

That's why people don't accept

Mother as the guru.

But if you know, your first guru

is your mother.

Sahaja Yoga was known to Me all along

It was a unique knowledge with which I was born.

It was not so easy to reveal it and I wanted to find out how to reveal it.

First of all, I thought that the seventh chakra had to be opened, which I did on the fifth of May. It is a secret in a way. Formerly the Brahmachaitanya was *avyakta*. It was not manifested. It was not expressed by itself and so the people who managed to reach Brahmachaitanya – somehow, by attaining Realization – said, “It is *nirakar ka guna*. You are like a drop that gets dissolved in the ocean.”

No one could say, explain or tell people anything more about it. The great incarnations, who also came out of this great Ocean of Brahmachaitanya, tried their best to share it with the best available followers, who were very few, and to introduce them to this Brahmachaitanya. But because the Brahmachaitanya was not in a manifested [*vyakta*] form, these incarnations got dissolved in it.

Gyaneshwara took his samadhi. People said that he could not talk, it had to be experienced. So very few people got to understand it. Nobody could actualize the experience by feeling it on their fingertips or feeling it on their senses or in their minds or even understand it with their intellect, so it was a big problem. They all tried and prepared a ground for it.

Now I have come as the incarnation of the Brahmachaitanya as a whole.

The Sea of Nirakar has now become a big cloud. It has taken a form [*saakar*]. Those who came before were all a part and parcel of it.

Now the whole has come.

This cloud has rainwater. The rainwater is nourishing the minds of the people. Gradually they are brought to a level where their Kundalinis have risen. They have got their Realization and now gradually they are feeling everything on their senses, on their fingertips.

This is the reason why no one has talked about vibrations so clearly. They managed to talk about *chaitanya lahiri*. This was so because of its *avyakta* [unmanifested] form. It was only a state – a state to be enjoyed only in that state, with no manifestation in the gross. In that state they became beyond sensations, beyond temper and so on. That is proof before us.

How did they do it? What was this Brahmachaitanya? They could not show its *pratyaksha* [manifest] form. What they could show was only through similes or through parables.

This is what I have achieved – its *pratyaksha* form. The complete form of the Brahmachaitanya I have brought from the sea.

So now, I do not allow you to get dissolved in it. I have put it in a form of a big *ghat* [matka or pot]. In that, you are smaller matkas. In other words, I have taken you all in My body as small cells, nourishing you, looking after you, cleansing you and working it out. But I am Mahamaya, so I have to work very slowly, gradually and at the right time and right point.

When the seventh chakra was opened, all the chakras came to your Sahasrara and I could manage all your chakras and all your Deities. Any Deity you ask and you get the vibrations. So that proves that I am Brahmachaitanya.

The Brahmachaitanya is the Adi Shakti. And Sadashiva is also in My heart. But since I am so much humanized, it is not so easy to find it out.

If you tell this to modern human beings, they will not understand. It can only be told to Sahaja Yogis because they will understand. To bear this truth is so difficult. These days it is difficult to bear money, let alone that. Even to bear one's own position, they become so shaky. So for them to bear the fact that I encompass all the incarnations is too difficult to bear.

One day I went to Aurangabad, where a boy told Me that the Brahmachaitanya is beyond feeling and non-feeling. He had read about it in some book. I told him it was true, but he should just forget about it and just feel it.

It was then that I decided to tell a few people about it. You see, the right time also had to come before I disclosed it.

All other religions have so far been segmented and not integrated. Now the whole integration has come. I can explain Christ, Muhammed-sahib and others because they are all a part and parcel of the whole, which is the Brahmachaitanya. ॐ

The right
time had to
come before
I disclosed it.

*If you are thirsty,
we can give you water,
but we cannot drink.*

*You have to drink water
and you have to feel the taste,
feel the feeling, what it does
and all that is together.
It's not separate.*

immersed in the water of collectivity

purifies

Purity is your Mother's name. You know that My name is purity. And this purity is such that it purifies everything. It just purifies. The purity should be such that it should purify, otherwise that purity has no meaning.

cleans

For example, a soap purifies, but you don't purify the soap.... Water is the purifier. Water purifies us physically. And also our poisons are driven out of our liver by water. Water is a very great element in removing all problems. You use water for so many things. You know how it works it out.

quenches

So this Lakshmi, which is purification, was born out of water. That's why She was called as Mary. And I'm also called as Nira, meaning "born out of water."

nourishes

So one has to understand ... that we inculcate purity. We should not cheat ourselves. It is easy to cheat, but we should inculcate purity within ourselves as a matter of our own maturity, as our own decoration, as our own beauty and not just because it's a labourious thing or it is a very hard thing. It is not like that. It should be achieved with great pleasure and happiness....

permeates

We like to have a bath or to be clean and to be presentable. In the same way, we should try to clean our thoughts. Just by paying attention to them, we can clean them. Thoughts must be made clean. First of all, why have thoughts at all? But even if you have, have clean and pure thoughts. Even if you have to have, don't have thoughts full of arrogance, aggression or of fear....

flows

Our purification of our mind comes through certain methods of understanding ourselves. First of the understandings one has to have is that we are born in a family, born in a society, born in a so-called religious sect or whatever. So all these fixations have put into us a certain amount of impurities, which may give us ego, superego. Anything it might give us. So to keep it pure and simple, take to the water element as much as you can. It helps both ways. It helps the ego. It helps the superego. Take to the water element. And that is what Lakshmi is....



Water

glistens

You can quench the spiritual thirst of people – tremendous power – because when you give Realization, then the seeking is over.

reflects

Think of the water – nourishment. You nourish. You give spiritual nourishment to people through your power. Even if you are standing there, you are nourishing others. Then dissolution – you dissolve their ego and you dissolve their superego. All these powers you own after Realization. Just think of it....

It has another very great quality. Water permeates into the smallest particle. It goes to the roots, sucks into the roots....

buffers

Your personality has permeated into that person. He doesn't know. You have permeated into that person and you are feeling the roots, where is the problem.

The divine water is flowing into that being and the obstruction is felt through that divine water and you can say that this is catching, that is catching....

The glistening of the water is so your skin becomes very radiant.

carries love

And the last of all is the reflection. A person who sees you, sees his own reflection. He gets frightened. This happens sometimes. I don't mean anything bad to anyone, but people are unnecessarily frightened of Me because they see their reflection. So when they reach you, they see their reflection can be very aggressive because they see their reflection. They can be very hard on you because they see their reflection. And if it is clear-cut water, then you see the depth of that person. If you are a clear-cut Sahaja Yogi, you feel the depth clearly and they can see through the spirituality. These are the qualities of water....

expresses emotion

exerts pressure

glorifies

WATER

In My body, the water I have as a buffer because it protects the chakras. If I don't have water in the body, I may have problems. So it acts as a buffer also. It soothes your epidermal cells. You can say it soothes your blindness. You see, if you don't have moisture, it is all blindness, a dryness in all. It soothes everyone.

And there are other types of powers of water which we know about. When it comes out of your eyes, it expresses your compassion, your love, your emotions. That is the only thing, out of all the elements, which expresses emotions, water power.

Water has other qualities also, which many people know – hydrostatic water, the pressure. It is the pressure and a person who exists like a Sahaja Yogi will definitely put a pressure on others. He will not aggress, but there will be a pressure....

You should really know that the water is a very holy thing and in our pujas also we use it specially. This dignifies the Kundalini. That means the Kundalini is the water jar, the carrier of Aquarius. And this is the age of the Aquarius.

How important is this water? The water is the carrier of divine love. It is the best carrier. And this is the time of Aquarius. It means the Kundalini is made of divine water....

Some of us, we do not know that we have those powers within us, that we can permeate into others. We can project our personalities to others. We can find out what's wrong with them. We can find out about ourselves. We can go into ourselves. Our permeation is like water. It is moving. It is flowing all the time. And this is a very important thing that we should be aware of, our powers that we have achieved....

We have our own self-esteem and we live with our own dignity and that's how we should be pure, transparent, honest. Within ourselves we should be absolutely honest.

Water is so honest with itself. We put anything to the water, it will show. Put any colour into it, it will show. Put any mud, it will show.

You have to be so honest, honest to yourself. And the whole thing should work out to be a personality and be congenial, beautiful, permeating....

We have to dedicate ourselves to our purification, to our glorification because water glorifies. It gives you glory. ॐ

Water finds its own level. In the same way,

this compassion has to flow to all the places,

to all the ditches everywhere and should find its own level.

In this lifetime, you can achieve that state.

In this lifetime, you can get to that state within yourself.





Prosperity will come

Shri Lakshmi Puja
21 September 1986
Belgium

Lakshmi came out of the sea. That is the wealth that has come out of the sea. But the wealth has to be like a Lakshmi.

The Lakshmi has a motherly nature. She is a mother. She is *the* Mother. She is standing on a lotus. That means She does not throw Her weight anywhere. People go and occupy other territories and use them for their own purpose. That will never give them the Lakshmi Principle. The only thing that may happen to them is to get some money for the time being. But they say that Lakshmi is *chanchal*. That means She is all the time shifting....

Lakshmi has got one hand which is giving. Another hand She has got by which She protects you. In two hands She has pink lotuses. The pink lotus suggests the warmth. A person who has Lakshmi has to have warmth in his household. He must have in his heart warmth to receive people.

You have to
be a generous
type and not
miserly.

The lotus and the elephant

If a lotus flower receives even a horrible beetle, a black beetle which has got all kinds of thorns in it, it allows it to sleep overnight as a nice guest. The corona of the lotus that is beautiful spreads all the yellow colour on which this beetle rolls and enjoys the comfort. And the lotus watches the enjoyment of the beetle. It does not get disturbed. It does not get upset. And when the lotus opens out, the beetle just goes away. And the lotus still grows. It doesn't die out.

In modern life, we don't want guests and if some guests come in the house, they dare not even spoil the carpet. We clean the house, we polish all our silver and all our brass, but we don't want even a little rat to come inside....

So the beauty of a lotus flower is that it is all-embracing. It is a very motherly principle. It tolerates any kind of nonsense from the beetle. So one of the aspects of Mahalakshmi is Gruha Lakshmi. It is the one who is the housewife. And if this aspect is spoiled, then we cannot have Lakshmi in our house, we cannot have wealth in our house. Lakshmi will disappear from all such houses where the housewife is not respected.

Another aspect of the Lakshmi Tattwa is that She gives protection to some people. That means *aashraya*. That means there are people who are supported by such a person....

Then there is another aspect of Lakshmi where She is round like an elephant. She has a propensity. She is not like a mosquito.... A Lakshmi has to have a grandeur.... A person who has got money doesn't jump like a monkey, but walks like an elephant, in a dignified manner ... *gajagamini*. That is one of the names of the Goddess. She walks like an elephant, in a swinging way....

The Kundalini also doesn't agree very much with the hot movement because if you move the Kundalini up and down, up and down, She doesn't know where to go. But an elephant's walk is left-right, left-right, left-right. It goes on properly, through the central path. So it is not very good to walk in that fashion if you have to establish Sahaja Yoga properly.

The four purposes

The Mahalakshmi Principle comes out of the Lakshmi Principle.... When you have acted according to the image of the Lakshmi, then the Mahalakshmi Principle rises within you. Now the Mahalakshmi Tattwa, the principle, is that you start thinking only about your spirit. When you are absolutely satisfied with the material wealth, then you start coming to the spirit.

It was nice that people were seeking material wealth and had ... a revolution in a way, but as a result of that, you do not find that the greed has gone down. On the contrary, it has increased. And the lust has become so perverted. So we can find very clearly that we have failed the principle of Lakshmi in our society, in our family, in our government.

The understanding of the spirit is only possible for people who have understood the meaning of the Lakshmi Principle first of all.

So the purpose of Lakshmi is fourfold:

Firstly, you have to give. It's not like in the Church where they will say, "All right, you have to give your money to me." It is not that because I don't want anything, but you have to be a generous type and not miserly. Supposing you have one door open, no air will come. Only the air that is sufficient for the room will be there and there won't be any entry of new air or more air or any draft inside. But if you open the door, another one, then you will find there will be a circulation of air. So, by generosity, the circulation starts and you solve your material problems.

Another principle which we should follow is of supporting others. Especially I want Sahaja Yogis – we should try to help each other. It may not be with money, but with moral support. But if you have to support sometime someone with money, you should do it voluntarily without even thinking that you are doing any obligation to that person – or else, you can think that “I’m doing this just for my own pleasure.”

The third real quality of the Lakshmi Tattwa is that it is respectful to the elderly. But we see it the other way around everywhere. A person, when he becomes rich, he becomes very arrogant. That’s a sign, as we say, of ... a person who has suddenly got the money and he doesn’t know what to do....

We should respect others and we should understand that, if we have money, we haven’t got everything. For example, in India a saint is respected higher than anybody, higher than all the artists, higher than all the painters, higher than all the kings, all the government. The highest is the saint. So if you are a rich person, you will be known by your respectful behavior towards everyone.

This respectful behavior you can also show to the things of others. Such a person would respect all auspicious things.... So this quality, when it develops in a human being, then we can say the Mahalakshmi Principle has started. Now in all of you, the Mahalakshmi Principle has generated.

The bridge over the Void

Mahalakshmi resides in the Sushumna Nadi. And the Sushumna is developed only up to a point in human beings. It is later on like a bridge ... is created by the Mahalakshmi Principle. That means a person who is satisfied, who is in balance, who is dharmic, his ocean becomes desires of becoming the clouds of this Sushumna Nadi or a part of the Sushumna Nadi. This desire creates this path, this bridge of Sushumna within us.

Unless and until the Mahalakshmi Principle is awakened within us, we cannot make the Kundalini pass properly because it will always get lost in the Void. So the dignity, the respect of a Sahaja Yogi will always help him to build this path of Sushumna over this Void. It is not some sort of an artificial respect or an artificial etiquette, but it is a feeling from inside, a kind of a state human beings reach where they feel that it is important that we have to be respectful to everybody.

Balance, auspiciousness and prosperity

I have told you what is the Mahalakshmi Principle. Now, if the Mahalakshmi Principle is awakened within us, then the Lakshmi just runs after us. In the Western culture, what you have done is to bring Lakshmi to the level of only money, that also in paper. And it is so artificial that people don’t know how suddenly they become bankrupt.

So the innate Lakshmi Principle is to be understood, that you Sahaja Yogis have a special responsibility for all these Western countries, which are slowly losing all their wealth and the Third World will have all the money.... The discriminatory use of these kinds of policies have exhausted all your material wealth which was there from the Mother Earth. Now when that is exhausted, then that, on which you can depend, is your paper money. I’ve always said that a machine is for you and you are not for machine, so why go into the complete subjection to the machinery like this...?

One should stop and go back a little bit and see where we have gone wrong. Let us correct at that point. And once one realizes that it is important to keep a balance on the Nabhi Chakra, then the Mahalakshmi Tattwa is properly manifested. Also it is vice versa. If your Mahalakshmi Tattwa is awakened, as it is awakened in you, you can create balance, be auspicious in nature. Through use, it will happen that the prosperity will come. ॐ

By generosity,
the circulation
starts

I bow

to the seekers of truth: part one

when will it happen?

I bow to all the seekers of truth.

There are, in these modern times, many seekers of truth.

It is a special category of people born in these modern times.

In every country a lot of people are born with this seeking. They are a special category, which sees beyond, tries to find something beyond what they can perceive through their sense organs.

The truth, as we see it, is through our sense organs. For example something we see as white, we call it “white,” something we feel cool, we call it “cool”.... That means whatever we perceive through our sense organs and whatever is communicated to us through our central nervous system, we accept as the truth. And we should accept that only as truth and not something that is told to us, not something that we have read in books, not something that we can project in our mind.

That doesn't mean that I deny any one of the scriptures. That doesn't mean that I deny anything. But to begin with, let us start from scratch, as they call it, or on a clean slate. Let us see what is the truth.

To experience the truth

In every religion truth has been described. As I can see it, everybody does not see it. That is why there is blindness. That is why there are these blind alleys where you end up arguing things. So there must be something that is missing within us. We have not been able to really relate truth to our central nervous system.

Now, what is that missing within us? We should find out. In all humility, we should know that there must be something within us. We have been arguing about so many things. We have been talking about so many things, reading so many books, going into all kinds of funny experiences right from alcohol to other drugs and gurus and this and that, but still we have not felt anything on our central nervous system.

Secondly, we have no control over that truth. So what is the reason? Is something missing in the human awareness? Is it that we are lacking something in our human awareness? All the books, all the scriptures which are true scriptures have said one thing: to know the truth, you are to be born again....

If you take Patanjali, who wrote a very ancient book, it is not that Patanjali asked you to stand on your heads. That is wrong. That is just a wee bit of it. But what Patanjali has written is that you have to achieve the truth on your central nervous system ... meaning the experience of your spirit.

A lot of people
are born with
this seeking.

*Patanjali: the compiler of
the Yoga Sutras (about two
centuries before Christ).*

To be born again

The English language has an advantage and a disadvantage. The spirit could be the *atma* or the spirit could be an alcohol or the spirit could be a dead body. It could be any circumstance, but it is not so. These are three separate things, absolutely opposite to each other. So the *atma*, the spirit, has to be found out.

It is said even by Mohammed-sahib. He said you are to become the *pir*. It is said by Zoroaster. It is said by Lao-Tse. It is also said by Zen. Buddha has said it. Mahavira has said it. Every one of them has said it that you have to be born again.

To be born again does not mean that you certify yourself, "I am born again." A self-certificate, you can call it.... What is so special if you are born again? The human awareness at this level is just ready to be born again.

In Sanskrit, the word for a bird is *dwija*. It means "born again" and also for a Brahmin who is born again. But those who call themselves Brahmins are not Brahmins. They just call themselves Brahmins. Have they come to know the Brahma, the all-pervading power of God? Those who say that they are born again should feel the all-pervading power of God around them. If they cannot feel it, they are not born again. So all these self-certificates are a deception, a self-deception and a deception of others. It is just a money-making process.

The living process

The truth has to be achieved through your evolutionary process, which is a living process. Again we must understand the living process. Through just talking, mental projections, sitting down here, big talk about it or by giving you some courses or taking some money from you, you cannot get it. It is a state in a living growth. That proves that it is living.

That means the state of our awareness has to be higher than what it is. If our state cannot rise, then it is not of any use. Like the seed that becomes the roots, then the bark, the leaves, the flowers and then the fruit ... in the same way, a living religion must give you a different state and that ... religion is within us. Every one of us has it.

When we go against that living religion within us, we go into imbalances, but even today people can ask, "Why religion? Why should we have a balance? What is the need? Let's go into imbalances." I mean is that a logical question?

What is religion?

What is the religion? We come to that point. It is that a religion is a valency of human beings. Just like carbon has four valences, human beings have ten valences, which matter does not have. Animals have nine, while the human beings have ten valences. And when these ten valences go out of balance, then they go out of the quality of a human being.

But still, one can ask, why should we have these ten valences...? Because in the evolutionary process you have to ascend and you can never be satisfied with yourself unless and until you have achieved it – especially the seekers.

That is why I say they are the special category – because in this special category, men of God will have to become prophets and they will have powers to make others prophets....

When is that going to happen? It has to happen today. ॐ

Pir: the spirit or atma

**Awareness
has to be
higher than
what it is.**

VALENCE: The number of possible bonds or qualities. For an atom, it is the number of bonds it can make with another atom. For a human, it is the number of qualities or laws of dharma.

Questions & Answers

How long every day should we meditate, not to make any mistake or going on ego or super-ego?

That is one thing you should take out of your mind. You can never make mistakes. Your Kundalini doesn't make any mistakes. It is not what time. It is just if you sit before the photograph and you are getting the cool breeze. Take the cool breeze for about two minutes, say namaskar, finished. There is no ritual about Sahaja Yoga. Some people say, "I've not washed my hands. I've not had my bath. How will I put my hands to Mother?" She is your Mother. You can put your hands to Me at any time. But you have to respect.

If we didn't have respect for You before Realization what are the consequences?

It doesn't matter. Mother is very forgiving, isn't She? She is the source of all forgiveness. Even after Realization, if you don't have respect for the time being, it's all right. Until you have not known Me, ignorance is not to be punished. But after knowing Me, after seeing the photographs of lights and everything, after giving Realization to a few people, if you start misbehaving, then I can't help it.... If you are climbing a mountain slowly, slowly, when in the beginning, if you fall, it doesn't matter. You can again climb. But when you go higher and then you fall very fast.

So your attention should be always on higher things. And doubting should be less about yourself and about Sahaja Yoga because you have to learn so many things. So many things people start doubting, like you say for the puja, "Why this puja? Why? What is the need? Why to worship this lady? She's like us." But why are these people so anxious to do the puja? Why do they come miles together to do the puja? What is in there? What do they get?

The West has received from India a lot of gurus and each with seemingly a different path. And it's believed in the West that all the paths lead to God. Many, many people believe that it doesn't matter how you seek the truth, you are going to get there. Is that what India has to contribute to the West and the seekers of America?

India has to give the knowledge of the roots, while the West has the knowledge of the tree. But those who are exported from India, I wonder how many of them are really genuine or do they know anything about the roots? So I just can't say that those who are going there are the people who can deliver the knowledge which is not yet known to the West. Whatever is unknown is not divine. To understand logically the difference between India and the West is this: India has still retained the fundamentals as the goal of life. The fundamental is that one should get Self Realization, that one should try to lead a life of balance and of dharma. Because there is so much of the knowledge of the roots in this country, people can become very hypocritical. They can be very dishonest and can misuse that knowledge to exploit the western people who are naive about this knowledge.

My idea of bringing some of the Sahaja Yogis from the West to India, in the villages of India, was to make them understand that comfort is not the goal of life because we have villagers who are realized souls, who do not have any comforts which are so important to the western people, but are very happy, satisfied and peaceful people and are extremely good yogis. But that does not mean that you give up your comforts and you become godly. It's all a mental behaviour if you think by negation. That is not the way. But when you come to India, you understand that this habit of seeking comfort must be given up. If you have any, it's all right, but let not the comfort sit on your head. Let your spirit rule and not the idea that you should be comfortable or affluent. That idea should not rule you.

Many fake people have gone to America because they know you are all naive. And anything bombastic will impress you very much because American life has now become very money-oriented and ego-oriented. So they have developed all the methods of pampering your ego and getting money out of you. So that you feel that you can purchase the guru....

One must know whatever is vital in life, you cannot purchase it. In all humility, human beings also must realize that you have done nothing to become human beings. God has done everything. How much have you paid to Him...?

The tradition of India has been throughout that a person must get his second birth, which is the tradition of the Christian religion, the tradition of Islam and the tradition of Buddhism, the tradition of Jainism, of Tao, of Zen. I can't think of any traditional, real religion that has not talked of Self Realization.

We sing praise and it does really open our Vishuddhi. What is the right way to have devotion and use our Vishuddhi?

You must know that it is the Virata. So once you become one with the Virat, then if you sing any praise to Him, it goes to Him directly. Any praise is sufficient. But you should not be one-sided. All the time singing praise also one gets tired. So what you have to do is to also meditate. And sometimes, when the heart is full, you must sing. But specialization is not the way we have in Sahaja Yoga. I would suggest that some people really sing horridly, so they should not sing. They must try to improve their Vishuddhis, try to have a better voice.... Please try to improve your Vishuddhis so that whatever you sing is melodious at least to the ear. That's the best way.

I can't think of
real religion
that has not
talked of Self
Realization.



According to Sahaja Yoga, what is the value of thoughts and of our whole culture? If you become thoughtless what about logic and books and our culture? Does it not have any value?

One should understand in its right sense. When we are thoughtless, it is not that we cannot have thoughts. Thoughts do not invade us. We are free people. If we want to think, we can think. But if we don't want to think, we can stop thinking. That is thoughtless awareness, first of all. Secondly, the inspiration comes to us only in thoughtless awareness. Then the third thing is the culture is of the spirit, which comes in us, which is a universal culture.

Why do we have mass marriages?

We don't have actually mass marriages. First of all, you see, marriages are to be done after Realization, when the people have lived at least two years with Self Realization. That's important because there are many great souls who want to take birth on this Earth. But we give full chance for these people to know each other and everybody cannot just get into it. They are nicely scrutinized and found out whether they are capable of a good marriage or not. As a result of that, ninety-nine percent marriages have proved extremely successful – very happy relations and also very beautiful children. You cannot force anything or anyone. They have to offer themselves and then we have to scrutinize the person because we don't want to have marriages which are of no use.

When we are a realized person negativity can attack us more. How can we protect ourselves? Are those persons who are not realized not attacked as much or is it they just don't realize it?

When you are a realized soul you can feel the negativity much more than others can. For example, if it is a clean cloth, then anything black on this shows clearly. And as soon as you see an attack, you know it and you know how to protect. Then there is no problem for you. But the normal people, even if they get cancer or they get mad, they don't know. When it happens to them, they are not at all aware. You become very sensitive about your centres and if anything goes wrong with your centres, immediately you discover.

Is Sahaja Yoga the one way? Is it the fastest way or are there many other ways?

There is only one way.... It is a living process and it changes. When there is a problem, then it stops and sometimes it doesn't go ahead. There is a possibility. So one can't guarantee everyone. If it works, well and good. You cannot pay for it. You cannot order it. It is like a living process. Supposing a seed is not sprouting, what is the use of paying money to the Mother Earth? She doesn't understand money. Nor if you stand on your heads also, the seed won't sprout. If it has to sprout, it will sprout.

Does it mean now that other forms of yoga are not as good, not as fast?

No, other forms of yoga, like Hatha Yoga, are used also in Sahaja Yoga later on, but in a scientific way. It is like taking the medicine wherever it is needed. Now, supposing your Kundalini has not started, how are we to know where it has stopped? Supposing it has stopped on your stomach and you are doing the exercises of your neck – what's the use? It is very practical. These days the people, the way they do their Hatha Yoga, they take all the medicines together from the medicine box without any discrimination.

Credits and Notes

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Page 30 words: Shri Mataji, 17 August 1987, Le Raincy France

Page 31 words: Shri Mataji Nirmala Devi, 10 February 1982, Delhi

Page 32 words: Shri Mataji Nirmala Devi, 12 October 1987, Vienna

Photograph at left: detail at Shri Mataji's house in London circa 1982

Back cover words: Shri Mataji Nirmala Devi, Navaratri Puja 1984

Back cover photograph: a tulip (Axinia Samoilova, photographer)

THE DIVINE COOL BREEZE

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 THE DIVINE COOL BREEZE

when it comes to giving

Give with your full heart.

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 You just feel that love of giving
and you feel so happy because
you feel so big about yourself,
like an ocean that's giving so many clouds
and again it is receiving these rivers into it
and again making it into clouds.

 A circle of beautiful conversion
into beauty after beauty starts.
It is so beautiful.
And that is what we should try
to become - a part of that circle,
which is so beautiful
and which is so joy-giving.

 we should try to
become a part of
that circle

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magazine online

*Shri Mataji's words as news,
carefully chosen and changing often
a mini-magazine*



How beautifully it opens.

*Slowly. Every petal so careful
not to hit each other.*

Slowly it opens out.

*And then the fragrance starts pouring
in the most dignified manner.*

*Such a flower only
can be offered at the Lotus Feet of the Adi Shakti.*