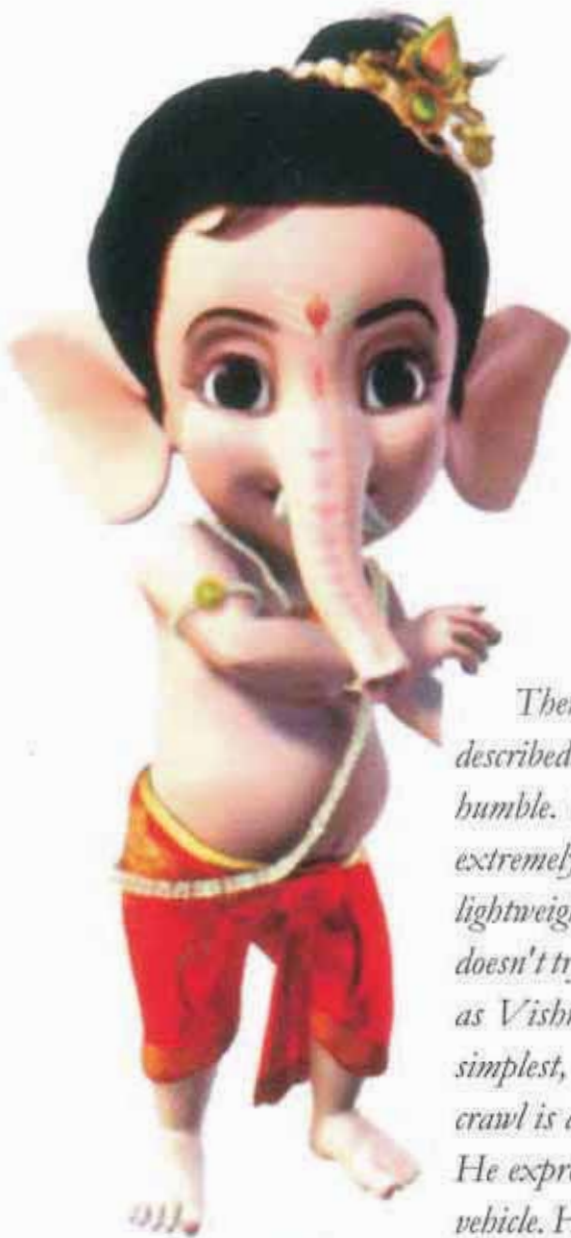


गुण्य दृष्टि

March - 2009





There's so many qualities of Shri Ganesh which I have described. One of them is that He is a child and He's very humble. He's very playful. He's very interesting and He's extremely humble. And, despite His weight, He's very lightweight because He can sit on a small little mouse. He doesn't try to show off. He doesn't have His vahannas as great as Vishnu's or anything. His vahanna is very simple, the simplest, or we can say the smallest creature which can really crawl is a mouse and He uses this mouse. With this mouse, He expresses His own power that he doesn't need any other vehicle. His vehicle is His simplicity. He moves. He penetrates and it affects the lives of people through very, very simple, sweet methods.

Shri Mataji Nirmala Devi, Ganesha Puja

- Germany, July 21st 1993

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युवा आयु की रुचियाँ

मुंबई, २७ मई १९७६ - अनुवादित



मैं

ने आपको बताया था कि सहजयोग में आप किस प्रकार निर्विचार चेतना को प्राप्त करते हैं। आत्मा से एकरूपता (तादात्म्य) प्राप्त करने के पश्चात् व्यक्ति परमात्मा का सामीप्य तथा सालोक्य प्राप्त कर सकता है। परन्तु आत्मा का तदात्म्य (एकरूपता) प्राप्त करने पर व्यक्ति की रुचियाँ ही परिवर्तित हो जाती हैं।

केवल आत्मा से एकाकारिता प्राप्त करने मात्र से, इसका अनुभव प्राप्त करने के पश्चात् व्यक्ति में सालोक्य और सामीप्य की अवस्था में जाने की इच्छा नहीं होती। इसका अर्थ यह है कि जब आपके हाथों में चैतन्य लहरियाँ बहने लगती हैं और जब आप अन्य लोगों की कुण्डलिनी को महसूस करते हैं, उनकी कुण्डलिनी को उठाने लगते हैं तो आपका चित्त दूसरे साधकों की कुण्डलिनी को देखने और अपनी कुण्डलिनी को समझने में लग जाता है। अपने चक्रों के प्रति आप सावधान हो जाते हैं और अन्य लोगों के चक्रों को भी समझते हैं।

आप यदि आकाश की ओर देखें तो वहाँ विद्यमान बादलों के बावजूद भी आपको बहुत सी प्रकार की कुण्डलिनीयाँ दिखाई देंगी। क्योंकि अब आपका चित्त कुण्डलिनी पर चला गया है तो जो भी कुछ आप कुण्डलिनी के बारे में जानना चाहते हैं, जो भी कुछ देखना चाहते हैं, जो भी इच्छाएं आपके अन्दर हैं वो सब आपके सम्मुख प्रकट होंगी। कुण्डलिनी में आपकी दिलचस्पी बढ़ती है और अन्य सभी चीजों में घटती है।

इस बात को इस तरह से समझने का प्रयत्न करें; जैसे आप बचपन को छोड़कर युवा अवस्था में प्रवेश करते हैं तो आपमें युवा आयु की रुचियाँ होती हैं। उदाहरण के रूप में आपकी नौकरी, व्यापार, परिवार आदि। अब आप केवल इन्हीं चीजों में दिलचस्पी लेते हैं और बाल्यावस्था की सभी दिलचस्पियाँ छूट जाती हैं, पुराने अनुभव धुंधले पड़ जाते हैं और आपका चित्त नए अनुभवों की ओर

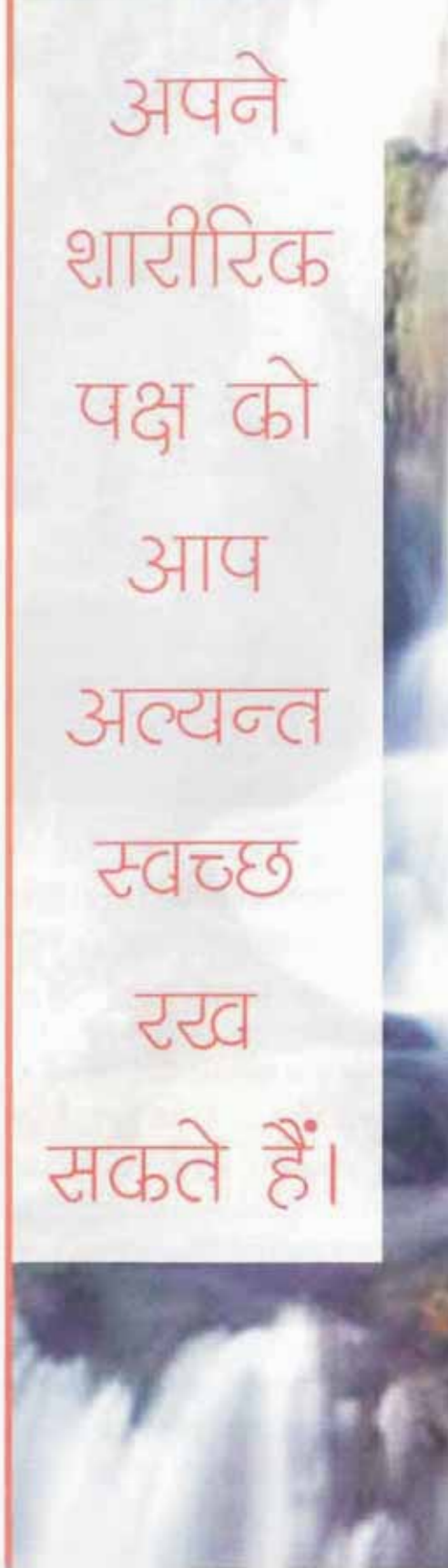


जाता है। या इसे इस तरह से समझने का प्रयत्न करें; मान लो एक व्यक्ति की रुचि संगीत में है। किसी भी प्रकार से उसकी रुचि संगीत में है-शास्त्रीय संगीत में। तब वह किसी अन्य संगीत का आनन्द नहीं ले पाएगा चाहे वह गैर-शास्त्रीय संगीत की सभा ही क्यों न हो।

सहजयोग में आपकी स्थिति भी बिलकुल ऐसी ही होनी चाहिए। जहाँ तक आपकी अन्य आदतों तथा रुचियों का सम्बन्ध है उनकी वास्तविकता यह है कि उन्हें जान बूझकर शनैः शनैः विकसित किया गया है। अतः ये रुचियाँ गहन रूप से आपके अन्दर बनी हुई हैं। सहजयोग आपके अन्दर पूर्ण परिवर्तन लाया है। आप एक नई चेतना की अवस्था में आ गए हैं, अन्य लोगों की चैतन्य लहरियाँ और कुण्डलिनी को महसूस कर सकते हैं, बहुत से लोगों को रोगमुक्त किया है। एक नई शक्ति में आप प्रवेश कर सकते हैं और यही शक्ति आपके अन्दर संचारित है।

परन्तु यह सब करते हुए एक कमी रह गई है कि आपने कोई भी प्रयत्न नहीं किया, फिर भी बिना किसी प्रयत्न के सभी कुछ घटित हो गया है। सम्भवतः यही कारण है कि यद्यपि बहुत से लोगों को सहजयोग में चैतन्य लहरियाँ प्राप्त हो जाती हैं और वे एक स्तर तक उन्नत भी हो जाते हैं, परन्तु उनका चित्त परमात्मा, आत्मा एवं कुण्डलिनी पर कभी भी स्थापित नहीं हो पाता तथा बार-बार गलत चीजों की ओर दौड़ता है।

आपने पूछा था, 'आत्मसाक्षात्कार प्राप्त करने के पश्चात् क्या करें?' प्राप्त करने के पश्चात् आप आत्मसाक्षात्कार दें। प्राप्त करने के पश्चात् देना अत्यन्त आवश्यक है अन्यथा प्राप्त करना अर्थहीन है। तथा देते हुए एक बात -केवल एक बात-मस्तिष्क में रखनी आवश्यक है कि, 'शरीर, मन और बुद्धि अर्थात् 'पूर्ण व्यक्तित्व' जिसके माध्यम से आप इतनी अद्वितीय चीज दे रहे हैं, वह अपने आपमें अत्यन्त सुन्दर होनी चाहिए। आपका अन्तस अत्यन्त स्वच्छ होना चाहिए।' इसमें कोई रोग नहीं होना चाहिए, आपमें



अपने शारीरिक पक्ष को आप अत्यन्त स्वच्छ रख सकते हैं।

यदि कोई रोग है-सम्भवतः कुछ सहजयोगियों में रोग होंगे। सहजयोग में आने से पूर्व आपको अवश्य चिन्ता होती होगी और आप इच्छा करते होंगे कि किसी भी तरह से बीमारियाँ ठीक हो जाएं। परन्तु आत्मसाक्षात्कार के पश्चात् आपका चित्त बीमारियों पर नहीं होना चाहिए और आपको कहना चाहिए, 'यह ठीक हो जाएगी, कोई बात नहीं।' परन्तु यह गलत है। आपको जो भी समस्या है, चाहे वह छोटी सी है, रोग प्रभावित स्थान पर अपना हाथ रखकर आप इस रोग को ठीक कर सकते हैं। अपने शारीरिक पक्ष को आप अत्यन्त स्वच्छ रख सकते हैं।

जो भी हो आप लोगों के लिए मैंने एक इलाज बताया है। जैसे मैंने बताया है आपमें से हर एक प्रातः उठने के पश्चात् स्नानागार में जाकर स्वयं को स्वच्छ करें। कम से कम पाँच मिनट के लिए पानी पैर क्रिया करना भी सहजयोगियों के लिए अत्यन्त आवश्यक है। आप चाहे जितने उन्नत हों, चाहे आपको बिलकुल पकड़ ना आती हो, फिर भी कम से कम पाँच मिनट के लिए आप पानी पैर क्रिया अवश्य करें। कभी-कभी तो मैं स्वयं भी यह क्रिया करती हूँ (यद्यपि मेरे लिए ऐसा करना आवश्यक नहीं है।) ताकि सहजयोगी भी इस क्रिया को अपना लें। यह बहुत अच्छी आदत है।

सभी सहजयोगियों को चाहिए कि कम से कम पाँच मिनट के लिए नमक पानी की क्रिया करें। सभी को चाहिए कि मेरे फोटो के सम्मुख दीपक जलाएँ, कुमकुम लगाएँ और नमक वाले पानी में पैर डाल कर फोटोग्राफ के सम्मुख अपने हाथ खोल कर इस प्रकार से बैठ जाएँ। आप यदि ऐसा करते हैं तो आपकी आधी समस्याएँ तो स्वतःही सुलझ जाएंगी। आप चाहे जितने व्यस्त हों, पाँच मिनट के लिए बैठना कठिन नहीं है। रात को सोने से पूर्व सभी को यह क्रिया करनी आवश्यक है। इससे आपकी आधी से ज्यादा समस्याएँ ठीक हो जाएंगी।

हम लोगों के अन्दर बहुत सी बहुरी प्रवृत्तियाँ बनी हुई हैं, बहुत सी अन्धकारमय प्रवृत्तियाँ हमारे अन्दर बनी हुई हैं जिन्हें हम नकारात्मकता का नाम देते हैं। पूरी ताकत से वे हमें प्रभावित करने का प्रयत्न करती हैं। उनके नियन्त्रण में रहना शैतान के नियन्त्रण में रहना है। आप यदि चाहें तो शैतान बन सकते हैं और चाहें तो भगवान। यदि आप शैतान बनना चाहते हैं तो उस कार्य के लिए मैं आपकी गुरु नहीं हूँ। यदि आप भगवान बनना चाहते हैं तो मैं आपकी गुरु हूँ। शैतान बनने से स्वयं को बचाएँ।

ध्यान देने योग्य पहली बात यह है कि पूर्णमासी और अमावस्या की रातों में हमेशा आपके बाएँ और दाएँ पक्ष को प्रभावित होने का भय होता है। विशेष रूप से इन दो दिनों में- अमावस्या और पूर्णमासी-आपको चाहिए कि रात को जल्दी सो जाएँ। खाना खाने के पश्चात् फोटोग्राफ को प्रणाम करें, ध्यान करें और सहस्रार पर चित्त को रखें तथा बन्धन ले कर सो जाएँ। इस का अर्थ यह है कि जिस क्षण आप अपने चित्त को सहस्रार पर ले जाते हैं उसी क्षण आप अचेतन में चले जाते हैं। उस स्थिति में स्वयं को बन्धन दें तो आपको सुरक्षा प्राप्त हो जाती है। विशेष रूप से इन दो रातों को। अमावस्या की रात को आपको श्री शिव का ध्यान करना चाहिए। श्री शिव का ध्यान करने के पश्चात्-और स्वयं को उनके प्रति समर्पित करना चाहिए। पूर्णमासी की रात्रि को आपको चाहिए कि श्रीराम का ध्यान करें और सुरक्षा की कृपा करने के लिए स्वयं को उनके प्रति समर्पित करना चाहिए। रामचन्द्र शब्द का अर्थ है 'सृजनात्मकता'। अपनी सारी सृजनात्मक शक्तियाँ पूरी तरह से उन्हें समर्पित कर दें। इस प्रकार से इन दो रातों को आपको अपनी विशेष रूप से देखभाल करनी चाहिए।

शुक्ल पक्ष (Lunar fortnight) सप्तमी और नवमी को आपको मेरा विशेष



हर कदम
पर, हर
स्थान
पर मैं
आपके
साथ हूँ
सर्वत्र।

आशीर्वाद प्राप्त होता है। यह बात स्मरण रहे कि इन दो दिनों में आपको मेरा विशेष आशीर्वाद मिलता है। कुछ ऐसा प्रबन्ध करें कि इन दिनों में आप अच्छी तरह से ध्यान धारणा करें। इस प्रकार से आपको चाहिए कि स्वयं को सुरक्षित करें।

जब भी घर से बाहर जाना हो तो स्वयं को बन्धन दें, हमेशा बन्धन में रहें।

किसी ऐसे व्यक्ति से यदि आपका सामना हो जिसे आज्ञा की पकड़ हो तो तुरन्त बन्धन ले लें चाहे यह बन्धन चित्त से ही क्यों न लेना पड़े। आज्ञा की पकड़ वाले व्यक्ति से वाद-विवाद न करें। ऐसा करना मूर्खता है। किसी भूत से क्या आप वाद-विवाद कर सकते हैं?

विशुद्धि की पकड़ वाले व्यक्ति से भी वाद-विवाद न करें। सहस्रार से पकड़े हुए व्यक्ति के पास कभी न जाएँ, उससे कोई सम्बन्ध न रखें। उसे बताएँ कि पहले अपने सहस्रार को ठीक करो। उसे यह बताने में कोई संकोच नहीं होना चाहिए कि 'आपका सहस्रार पकड़ा हुआ है इसे ठीक करें।' सहस्रार स्वच्छ रखा जाना चाहिए। किसी को यदि सहस्रार पर पकड़ आने लगे तो उसे चाहिए कि तुरन्त अन्य सहजयोगियों से प्रार्थना करें कि 'कुछ करें और मेरा सहस्रार ठीक कर दें।' सहस्रार की पकड़ वाला व्यक्ति यदि आप से बात करता है तो उसे बता दिया जाना चाहिए कि वह आपका दुश्मन है, शत्रु है। जब तक यह पकड़ बनी हुई है तब तक उससे बात नहीं की जानी चाहिए।

जहाँ तक हृदय की पकड़ वाले व्यक्ति का सम्बन्ध है तो आपको चाहिए कि उसकी सहायता करें। जहाँ तक सम्भव हो उसके हृदय को बन्धन दें। श्री माताजी के फोटोग्राफ के सम्मुख बैठकर उसका एक हाथ हृदय पर रखवाएँ। हृदय चक्र के विषय में आपको बहुत सावधान रहना चाहिए। कभी भी व्यक्ति को हृदय चक्र की समस्या हो सकती है। अपने हृदय चक्र को अवश्य शुद्ध रखें।

परन्तु बहुत से लोगों में हृदय ही नहीं होता। वे इतने शुष्क व्यक्तित्व होते हैं। चाहते हुए भी आप ऐसे लोगों के लिए कुछ नहीं कर सकते। फिर भी यदि वे आपसे प्रार्थना करें तो उन्हें सलाह दें कि हठयोग को छोड़ दें, भिन्न कार्यों के बोझ से स्वयं को मुक्त करें, अन्य लोगों से प्रेम करना सीखें। यदि वे एकदम से किसी मनुष्य को प्रेम नहीं कर सकते तो पहले पालतु पशुओं से प्रेम करें। आपको चाहिए कि सभी से प्रेम करें।

बच्चों से प्रेम करें। उनके प्रति निर्दयी न बनें। वास्तव में किसी से भी नाइन्साफी न करें, किसी को हानि न पहुँचाएँ, कोई भी बच्चों को पीटे नहीं, पीटने की मुद्रा में कभी अपना हाथ ना उठाएँ, किसी पर क्रोधित ना हों। विशेष रूप से सहजयोगियों को तो कभी नाराज होना ही नहीं चाहिए। बिना नाराज हुए अत्यन्त विवेक एवम् युक्तिपूर्वक उन्हें सुधारना चाहिए। कभी नाराज न हों।

यह सब बातें मैंने इसलिए बताई हैं ताकि आप अपने शरीर यन्त्र को स्वच्छ कर सकें और कुछ आदर्श रखें। आपका लक्ष्य यदि ऊँचा होगा और आपमें यदि उत्थान की इच्छा होगी तभी आपका उत्थान होगा। नीचे की ओर कभी न देखें।

हर कदम पर, हर स्थान पर मैं आपके साथ हूँ सर्वत्र। कहीं भी आप चले जाएँ, हर स्थान पर मैं आपके साथ हूँ-पूर्णतया व्यक्तिगत रूप से, हर प्रकार से, दिल-दिमाग से। जब भी आप मुझे याद करेंगे तो अपनी पूरी शक्तियों के साथ मैं आपके पास हूँगी। यह मेरा वचन है। जो लोग नर्क में जाना चाहते हैं उन्हें मैं नीचे की ओर ढकेल रही हूँ। अतः सावधान रहें और ऊपर को देखें।



**Any
thought
that is
vibrated
is a
mantra.**

**SHRI MATAJI ON
MANTRAS & BALANCING .**

MANTRAS

What is a mantra? It is that power of the word that expresses Spirit. **A mantra is nothing but a thought which is vibrated.** Any thought that is vibrated is a mantra.

(Vienna, 4. September 1983)

Your mantras are to be seen. Mantras are to be such that they should not be mechanical, just saying something mechanically. You should say it from your heart. Again, if you do not say mantras through your heart, the mantra is not siddha. Means you may go on saying one hundred times, it will have no effect. Siddha mantra is that, that you say, that it has an effect, it works. If it does not work, then your mantra has no meaning.

(Diwali Puja, London, 6. November 1983)

There should be complete purity in the recitation of mantras to awaken the deities and your heart must be involved in it.

(An undated Marathi letter)

BALANCING

Now if there are thoughts coming in first you have to say the first mantra, of course, and then watch inside. Also, you must say the mantra of Ganesha,

Om Twameva Sakshat Shri Ganesha Sakshat Shri Adi Shakti Mataji
Shri Nirmala Devi Namoh Namah

will help some people, and then you should watch inside and see for yourself which is the biggest hurdle.

1. First the thought ... now for the thought you have to say the mantra Nirvichara.

Om Twameva Sakshat Shri Nirvichara Sakshat Shri Adi Shakti Mataji
Shri Nirmala Devi Namoh Namah

2. Now come to the hurdle of our ego. You see the thought has stopped now no doubt, but there is still a pressure on the head. So if it is ego, you have to say:

Om Twameva Sakshat Shri Mahat Ahamkara Sakshat Shri Adi Shakti
Mataji Shri Nirmala Devi Namoh Namah

Mahat means the great, Ahamkara means the ego. You say it thrice.

3. Now, even now, if you find that ego is still there, then you have to raise your left side to push it back to the right side. With your hand, one hand towards the photograph. Push the left side higher and the right side lower so that the ego and the superego get the balance. Do it seven times. Try to feel how you are feeling inside, you see.

**Your
mantras
are
to be
seen.**



You Have To Be **Strong Sahaja Yogis**

You people have to be such strong Sahaja Yogis that from your own life others will take the lessons and understand that this is something that has really transformed people because the time of judgment has come - and of transformation. The last judgment is not direct but through transformation. It does not fail much. If you do not fail it is not going to fail. It is going to work out.

21st July 1980

How To

INFLUENCE PEOPLE

To influence other people we must know how much control we have upon ourselves also. That is very important. For example some people have no proper image and they try to influence others, so it's a mockery. Nobody gets influenced by such a person who has no image of his own. So before working out the exterior, the interior must be worked out.

It is very important that when you are talking to people you should have a proper style of talking and walking. You should all be trimmed down properly. Don't walk in a languid manner, or in a manner of throwing your legs here and there, but straight, and sit down straight. Let people see that you have faith in yourself first of all. If you don't have faith in yourself you cannot influence others.

Your self-confidence must be shown through all your behaviour like talking, walking, sitting and communicating. There should be a feeling of confidence. But the confidence comes in a person when he realizes that he is completely secure. In Sahaja Yoga you know if your center heart is not secure, tell yourself, "Mother is with me. Mother is helping me and I'm with Mother. I have nothing to worry." Then your center heart will be all right. But if you are diffident about yourself then you cannot do it. Confidence is to be established first of all within yourself. For Sahaja Yogis it's very easy to say, "I am the Spirit, and I am the child, I am the one who has been chosen by the Adi Shakti Herself." So there should be a tremendous amount of self-confidence in you.

Like when somebody comes in, you should talk to him in a very gentle manner knowing that there is another God who is coming in. If there is Spirit in me, there is Spirit in him also. You must see that he sits properly, that he is comfortable, and ask him if he wants any tea, etc. Make him feel that you are not in any way disturbed, or that you are irritated, but are happy to meet him and settle down with kindness. Sometimes also in diffidence one might feel nervous

17th Sep' 1986, Holland

Allow others to talk. Listen to them properly

about a person. That nervousness is a sign of insecurity. One should not be nervous if one is talking to someone. One should be in a way that another person should feel absolutely confident and should feel that this gentleman is very pleasant.

Another way is to allow others to talk. Listen to them properly, and do not talk yourself. Listen to them, and once they've said something say, "That is true no doubt. I agree with him... but..." then you can start. Don't just stun by your, "No! Not at all!" But on the contrary, you see what they say. You can watch Me. I do that many times. When somebody says something. "Oh, that is true, you see, this is it..." So they don't mind. They think that you have seen the other side, that you have a balance, you don't just impress your idea upon others. In a way you are, but you do it in such a way that nobody feels the impact that you are doing something of the kind.

Dress is very important. Supposing you are connected with somebody in an official way. The best thing is to wear a business dress, like a deep blue suit with a lot of stripes, a proper three-piece smart suit, clean shoes, and the hair nicely done, maybe a little bit oiled. Look like a smart business person.

When you have to talk, say, about your organization, you shouldn't say 'I'; you should say 'we'. Always refer to the organization and never to yourself. "I would not do such a thing. I hate it. I believe in it." That is absolutely absurd. "What we have to do. That we believe. We think this way. And what is your opinion? We have this kind of a thing." Or anything that you want to tell them about your own organization or your own product or anything. You have to tell them. "Now see, this is what is available. Now it is here, and we have seen that it has done a lot of good, and it works this way. And we have got very good reports about it. You can see the reports. We have the reports here, you can see what it is. And, if you please, you can try it, and see for yourself."

You should be well equipped. Suppose you are having some product, then you should know all about it. The brochures should be there. "Here it is. Please have it. You can see yourself." Explain to him what it is. The market doesn't capture so much because of the product, but because of the way it is put forward.

If somebody is not all right, in a mild way you should say what the problem is. "We are facing this problem. Now, tell me what is the solution?" Then the person does not feel bad. If you tell a person directly he does not like it. You won't like it if I tell you so directly, but I tell you everything, but I tell you in a way that is mild,

...you have to rise higher to attract

that is congenial, that is easily understood and assimilated. That is very important, that you have a style that people understand, and proper kind of behaviour.

Actually by not influencing others, you influence others. Art lies in hiding art. There should be no deliberation exposed about it. When talking to someone also, even if you don't understand what they are talking, you should show that you are understanding and listening.

When you have to deal with three or five or ten persons, then you should understand that you should always try to create a good feeling among them. Like now, for example, I would like you to marry. Then I will tell you about her, what she is, in a way that will not hurt her, prepare you. Because later on you may hear about her, that somebody was saying so, and Mother never told. So, in a very gentle way you should say, "You see, she has a little of these things, but it's all right. She can be very gentle. She can manage it." And it depends on you, how you manage it. So that you feel informed, knowledgeable about a person, and also responsible about it, "that now it is my responsibility."

I use certain tricks, which I have naturally. But you can imbibe them also. It is not difficult. Such little, little things make a difference you see. When they are sick you must look after them. Find out if their children are sick, if their wives are sick. You should be concerned. An organization you must treat like a family. What's wrong with her? Is she all right? Do you need any help? Send flowers sometimes when the husband or the wife is sick, or make enquiries about the children. All these things mean a lot.

You don't have to stoop down; you have to rise higher to attract. This is the difference. But, when rising higher, you should not suggest that you are rising higher, create any jealousy, so that they think that he thinks no end of himself. Be very gentle. If you are lower than them, or of their style, then how will they follow?...

बीन YUVVA

THE DREAMY MILK MAID



A Milk-maid had been to the meadow to milk her cows. Now she was returning home with a pail of milk on her head. She thought, "I will make cream and butter out of this milk. Then selling them, I will buy eggs. and when they hatch, I shall have a good poultry farm."

She further thought, "I shall sell some of my fowls and buy a fine dress. Seeing it on my body at the fair, all The friends will admire me. But I will turn them away just tossing my head at them."

Lost in day dreams, she forgot about the pail on her head. She tossed her head with a jerk and the pail of milk came tumbling it was broken and all the milk got spilt.

"Dear O dear!" she cried, "I have lost my all."

MORAL: *Don't count your chickens before they are hatched.*

Be always in present.

KID SHAKTI PAGE



Colour Shri Krishna's sketch



Everyone in Gokul love Shri Krishna's melodious flute. All the gopis used to sit by His side and enjoy His flute by the banks of river Yamuna. In the same way, we have to speak and behave with others with sweetness and love so that they feel joyous and happy when they are with us.

YS Seminar at Vashi Hospital



To celebrate its forthcoming 13th foundation anniversary, the International Sabaja Yoga Research and Health Centre at Navi Mumbai (popularly known as Vashi Hospital) organized a Yuva Shakti Seminar on 8th of February 2009.

Around 700 Yuvas attended and enjoyed each moment of the seminar from morning till late evening hours. The Centre wore a very vibrant look with a lot of Rangoli and flower - pot decorations around. Two giant LCD screens were fixed by the sides of the stage for the presentations. The Yuvas had come from far distant areas of Mumbai as well as various parts of Maharashtra. The seminar was also addressed by older yogis of Maharashtra, doctors from the Health Centre and also a few in-patients from various countries. In short the seminar seemed to be no less than an international seminar.

The seminar opened with recital of three Mahamantra and Shri Ganesha mantra followed by a screening of a very powerful message of Mother (video display) on Shri Ganesha Jayanti of 10th February 2008 at Pratishthan, Pune. Shri Mataji explained in Her speech that- it is child-like Shri Ganesha who looks after us and is sitting on all chakras. It is because of Shri Ganesha that we get Self Realization. We must awaken the aspect of Shri Ganesha within us and around. We should know its essence.....

A special session was dedicated to felicitate the 'Living legend' and fatherly figure within our family- Sir CP - our beloved Papaji. A yogi from the panel remarked that '...while it is a difficult even to make two nations agree on one point Sir CP is one such person who could unanimously unite 134 nations at one major convention'.

Dr. Rai recalled that once when Shri Mataji was being appraised, it was also appraised to Mother that although the hospital was not exactly situated in Vashi, but in 'CBD, Belapur', yet, people have been calling it 'Vashi'. Then Shri Mataji explained in Her own words that - I prefer to call it Vashi, because it sounds similar to 'Kashi' (which is a very important pilgrimage place in India for Lord Shiva) and this Health Centre also will become the same for Sabaja Yogis one day. Since, that day onwards this Centre has popularly been known as 'Vashi Hospital' to all of us.

After this introductory session, two very powerful lecture excerpts were played for the collectivity on the advent of Shri Adi Shakti and also the marriage. After the message was broadcast a complete silence prevailed as nothing could be substituted as word or thought or Vichar after those words.

In the following session several other important topics were also deliberated besides marriages in Yuva. Many subtle queries were sought by the Yuva while Mr. Nalgirkar replying to a few queries, he observed that Sabaja Yogis belonging to the 'same Centre' should not try to get married. Also, Sabaja

Yogis should avoid fixing their marriages by themselves with other Sabaja Yogis of even other centers and is violation of the protocol of Sabaja Yoga marriages. Mrs. Lily Rai, wife of Late Prof. U.C. Rai, founder director of the Health Centre remarked that Sabaja wives should possess Grub Lakshmi qualities to look after their husband and should try coordinate, help them or encourage them on the path of spirituality also that out of Sabaja Yoga, marriages are brought about so that the children born are realized and are special type- like Shri Ganesha, who shines. They should be looked after with great care and respected as they are our future and torch bearer of Sabaja Yoga. Another panel member commented that one should try to think at least 100 times before they set out for getting married in Sabaja Yoga as this is the highest of the order and Shri Mataji blesses them as they become medium to carry out a very great work for the world as Realized souls are born through them.

Following this topic there was a special session held with the panel of Doctors from the Vashi Hospital itself. Several queries were sought pertaining to queries on Health related issues. The Doctors from Vashi also deliberated at length on the technique to attain thoughtlessness, Sharing vibrations, different aspects of meditation in Sabaja Yoga. There were also a few queries that were posted from various corners of the world through email which were attended to. Also at one point of time it was reminded that covering the Agnya Chakra externally by applying Kumkum or Sindur has been told to us by Mother Herself. Therefore as the modern fashion may prohibit in practicing so especially in ladies, it was recommended to apply sandal oil for that matter as a substitute which should protect our Agnya from external attack.

The following session covered the aspects of propagation of Sabaja Yoga. The panel had mostly Yuvas and other coordinators, who deliberated on many subtle aspects of the current practices of propagation method of Sabaja Yoga in parts of Maharashtra. Touching upon the aspect of propagation of Sabaja message through media and internet, attempts were made to share with the collectivity how the efforts are currently undertaken and urged the Yuvas to come up to team up to take this most divine mission to a yet greater heights, which is of the highest importance to all of us as Yogis.

A special session was dedicated to share experiences of Yuva Shakti. There were several tender experiences where Yuvas expressed their heartfelt gratitude to Mother. A Yuva shared that he works with the Fire fighting department in Mumbai. Coincidentally he was assigned to join the fire fighters team along with the commando operations to combat the recent 26/11 terrorist attack on the Taj Hotel in Mumbai. He was assigned to draw necessary strategic plan to combat the situation in rescue mission with a snorkel along with a few more officers. So his team along with the snorkel was engaged against the fourth floor of the Hotel where as per the strategy plan, necessary operations had to be carried out. Suddenly, something struck his mind to divert their strategy plan from that current point moving over to some other strategic point. It was a split second order execution and experience that he confides, that as their snorkel was dislodged to be shifted, a live hand grenade directed from the terrorist end flew past brushing against the edge of the snorkel that barely missed the officer who was in position. So, at every step and at every moment we must count our blessings, that we are protected with and be proud that we are so fortunate to be Sabaja Yogis.

Later a brief introduction was given to the Yuvas on the functioning of the Sabaja Internet Team Administration (SITA) in India. The essence of internet and contribution of Yuvas in this field had been exemplary and seeks more contributions as Maharashtra. The essence and importance of Short Messaging Services (SMS) recently introduced by SITA was appraised with live demonstration to subscribe for the same. It was also appraised to the Yuva that by the blessings of Shri Mataji SITA is currently able to broadcast this entire event and proceedings of the Seminar live and it has instantly announced its message through this wonderful SMS services.

The day long seminar was concluded with projection of a very powerful video exclusively shot during Her last Holy visit of Shri Mataji in Vashi Health Centre on 23rd December 2007. The entire video clipping of around 20 minutes was like a full meditative session to be in Her holy presence of Shri Mataji. Later, expressing vote of thanks to the tireless works and dedication of the silent workers behind projecting this entire seminar, Arti was offered at Her Holy Feet.

A day Later Dr. Sandeep Rai and Dr. Madhur Rai from Vashi Health Centre had an opportunity to visit Pratishtan at Pune to offer their pranam at Her Holy Feet of Shri Mataji the next day. When they appraised Shri Mataji and Sir CP about the proceedings of the Yuva Seminar, Shri Mataji was very happy and delighted to learn that such a vast number of Yuva had assembled at the Health Centre for the seminar. Sir CP was happy to comment that it was indeed a great effort towards fulfilling Mother's desire. He said once the Yuva Shakti are guided and directed with the correct path the Sabaja Yoga is bound to spread by leaps and bounds. They will help the Sabaja Yoga to spread. This is what the need of the time before us is.

For reading complete report and viewing videos visit <http://nirmalnagari.org/ishc-seminar.htm>



श्रीफल

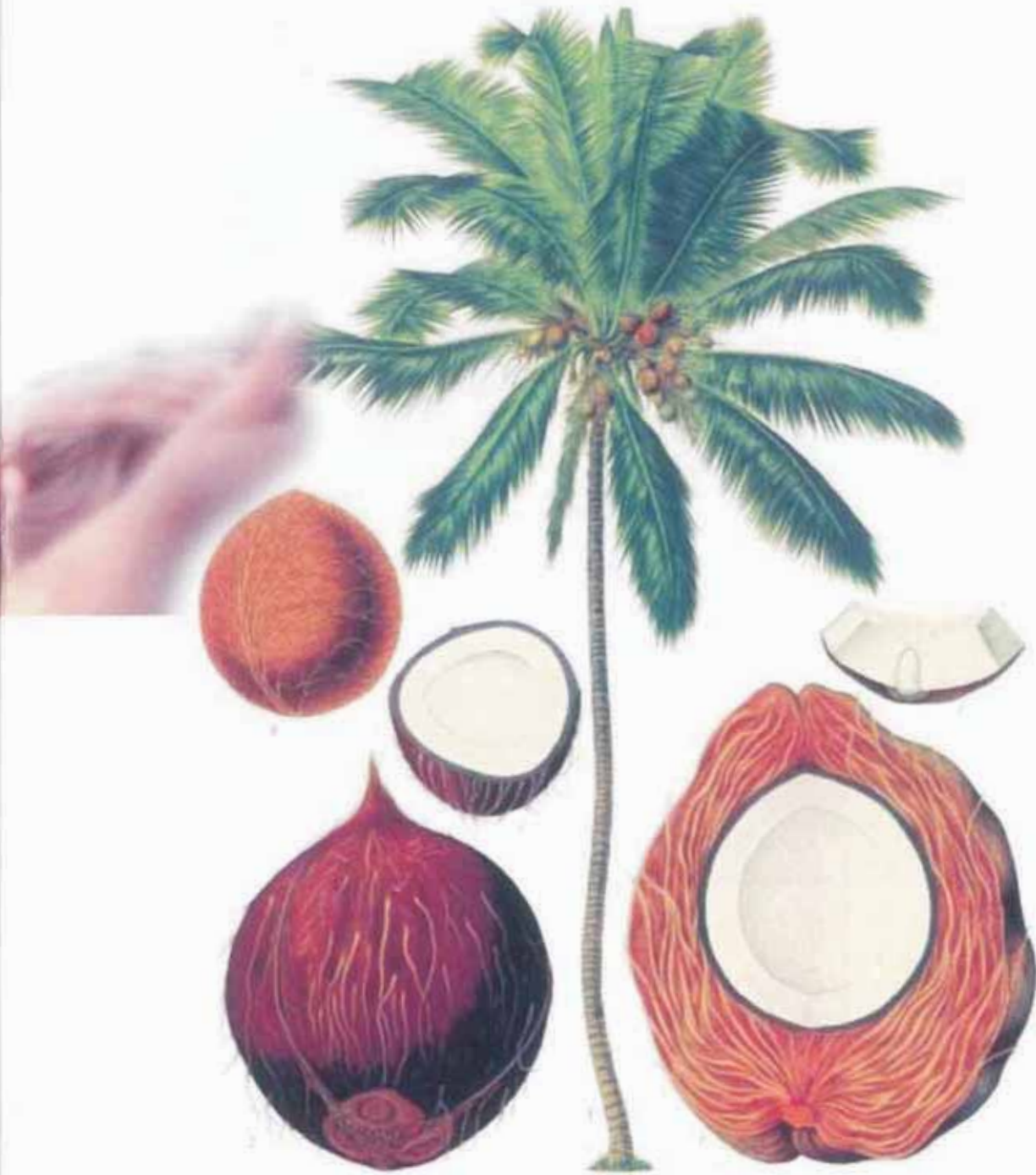
सहस्रार दिवस, ५ मई १९८३, बम्बई

ये पेड़ों को आप देखिये। ये पेड़ श्रीफल का है। नारियल को 'श्रीफल' कहा जाता है। श्रीफल, जो नारियल है, इसके बारे में आपने कभी सोचा या नहीं, पता नहीं। लेकिन बड़े सोचने की चीज़ है - 'इसे श्रीफल क्यों कहते हैं?'

ये समुद्र के किनारे होता है, और कहीं होता नहीं। सबसे अच्छा जो ये फल होता है, समुद्र के किनारे। वजह ये है कि समुद्र जो है, ये 'धर्म' है। जहाँ धर्म होगा, वहीं श्रीफल फलता है। जहाँ धर्म नहीं होगा, वहाँ श्रीफल नहीं होगा। लेकिन समुद्र के अन्दर 'सभी' चीज़ें बसी रहती हैं। हर तरह की सफाई, गन्दगी, हर चीज़ इसमें होती है। ये पानी भी 'नमक' से भरा होता है। इसमें नमक होता है। ईसामसीह ने कहा था कि 'तुम संसार के नमक हो।' माने हर चीज़ में आप घुस सकते हो, 'हर चीज़' में आप स्वाद दे सकते हो। 'नमक हो' नमक के बगैर इन्सान जी नहीं सकता। जो हम ये प्राणशक्ति अन्दर लेते हैं, अगर हमारे अन्दर नमक न हो तो वो प्राण-शक्ति भी कुछ कार्य नहीं कर सकती ये कार्यसाधक है। और ये नमक जो है, ये हमें जीने का, संसार में रहने का, प्रपंच में रहने की पूर्ण व्यवस्था नमक करता है। अगर मनुष्य में नमक न हो, तो वो किसी काम का इन्सान नहीं। लेकिन परमात्मा की तरफ जब ये चीज़ उठती है, तो वो सब नमक को नीचे ही छोड़ देती है - 'सब' चीज़ छूट जाती हैं। और जब इन पेड़ों पर सूर्य की रोशनी पड़ती है, और सूर्य की रोशनी पड़ने पर जब इसके पत्तों का रस और सारे पेड़ का रस, ऊपर की ओर खिंच आता है - क्योंकि evaporation होता है; तब इसमें से जो, इस तना में से जो यही पानी ऊपर बहता है - वो 'सब' कुछ छोड़कर के, उन चौदह चीज़ों को लाँघ करके, ऊपर जाकर के, श्रीफल बनता है।

वही श्रीफल आप हैं। और देवी को श्रीफल जरूर देना होता है। श्रीफल दिये बगैर पूजा सम्पन्न नहीं होती। श्रीफल भी एक अजीब तरह से बना हुआ है। दुनिया में ऐसा कोईसा भी फल नहीं, जैसे श्रीफल है। उसका कोईसा भी हिस्सा बेकार नहीं जाता। इसका एक-एक हिस्सा इस्तेमाल होता है। इसके पत्तों से लेकर हर चीज़ इस्तेमाल होती है और श्रीफल का भी - हर एक चीज़ इस्तेमाल होती है।

आप देखें कि श्रीफल भी मनुष्य के सहस्रार जैसा है। जैसे बाल अपने हैं, इस तरह से श्रीफल के भी बाल हैं। 'यही श्रीफल है।' इसमें बाल होते हैं ऊपर में, इसकी रक्षा के लिये। मृत्यु से रक्षा हमें बालों से मिलती है। इस लिये बालों का बड़ा महान मान किया गया



है-बाल बहुत महान हैं, और बड़ी शक्तिशाली चीज़ हैं क्योंकि आपकी रक्षा करते हैं। इनसे आपकी रक्षा होती है। और इसके अन्दर जो हमारे जो cranial bones हैं, जो हड्डियाँ हैं, वो भी आप देखते हैं कि श्रीफल के अन्दर में बहुत कड़ा-सा इस तरह का एक ऊपर से आवरण होता है। उसके बाद हमारे अन्दर grey matter और white matter ऐसी दो चीज़ें हमारे अन्दर होती हैं। श्रीफल में भी आप देखें-grey matter और white matter.....और उसके अन्दर पानी होता है, जो हमारे में cerebrospinal fluid होता है। उसके अन्दर भी पानी होता है-वो limbic area होता है।

तो ये साक्षात् श्रीफल जो है, ये ही हमारा अगर इनके लिये ये फल है, तो हमारे लिये ये फल है। जो हमारा मस्तिष्क है। ये हमारी सारी उत्क्रान्ति का फल है। आज तक जितनी हमारी उत्क्रान्ति हुई है-जो अमिबा से आज हम इन्सान बने हैं, वो सब हमने इस मस्तिष्क के फलस्वरूप पाया है। ये जो मस्तिष्क है, ये सबकुछ-जो कुछ हमने पाया है इस मस्तिष्क से। इसी में सब तरह की शक्तियाँ, सब तरह का इसी में सब पाया हुआ धन संचित है।.....



Man wants peace, wealth, power, etc., but God is the origin of all these. Then why should there not be the desire for God? Why should there be no aspiration and ambition to meet God? We should pray to God for peace, and keep the desire to meet God who is peace itself. This should be the difference in satisfaction of a common man and that of a Sahaja Yogi. One should be ready to surrender the very desire to meet God at God's holy feet. All attention must be on Him. For that - one must have dedication, determination and concentration (tapasvita), in that all material attachments should be destroyed. What is therein this world to cling to? You must realize the glory of those feet in which all fades and becomes peaceful. Only then, will you have your glory!

Why should one brag of one's achievements? You must understand that whatever is being done by you, is all God's power, that is, the working of the Adi Shakti and you are only the witnesses to see these miracles. For achieving that stage, you should pray:

"May our 'I consciousness' fade away. May the truth that all of us are a small part of your being be assimilated within us, so that your Divine bliss would resonate every particle of our bodies and this life would be filled with beautiful melodies enchanting the whole of mankind, and showing the light to the rest of the world".

Let love flow from your hearts. Love is unlimited. Your love is unlimited. Your attention is on material things and you are talking about eternity. Your attention should merge in eternity, so that you will have eternal life.



Love is unlimited

*Your attention should
merge in eternity, so that
you will have eternal life.*

You are officials of God's kingdom - then why are you sulking? All deities are your elder brothers in this kingdom. They are present in many forms along the path of Kundalini. You should recognize them and attain them. Kundalini is your Mother. Learn to always remain under Her care. Be Her child, and She will take you to the Ultimate. Once you accomplish that, from where everything is born, you will have the rest very easily!

But you are not consistent in the practice of meditation, love, and a peaceful life. You are talking casually even to me. But how eager you are in worldly matters! How adamant you become on having what you want! Why are you not casual in that respect instead? Do not run away from the reality because I am Mahamaya! Attain Me; I am yours! I am for you. I have given you that which has been beyond the reach of very great sages and saints. How will you make use of it? You have been given a very big asset. Thousands of stars and planets were created with just its one wave!

There is great significance to your rebirth. But you, yourselves, have to achieve that - you, yourselves have to find the meaning of "SWA" (Self)! Sahaja Yogis can do it. It is a big contrivance. I have told you the secret, but what have you achieved? Nobody sulks, having been benefitted. 'You are unhappy' means you have not been benefitted! If you achieve the trick, you will open the gate of Joy and forget yourself, while enjoying the bliss!

Nobody becomes happy from worldly matters. I have given you the key to the treasure, which others haven't got. But you must work to open the Door! You have taken everything casually. You want Mataji to feed you, to wake you up in the morning, to make you sit in meditation, and to clean you of anger, hatred etc...

Today is the day of Guru Puja. What 'Guru Dakshina' (Gift to the Guru) have you given me? Understand that your money is not worth the dust on the feet of your Mother Guru! You should give your hearts - only clean and holy hearts. You must be clean. Do not be lazy in that. In your physical beings. Make a vow! You must get up early in the morning and spend at least one hour on meditation and worshiping. Perform 'Aarti' and meditation in the evening.

Satan's disciples work hard at a funeral place [a dead place]. I cannot understand why you are taking everything so casually! Stop all gossiping! Leave all jealousies and quarrels! Time never waits for anyone Do you want to go empty handed, despite having the Key to the Treasure?!

If you do not accept God's kingdom, Satan's kingdom will come, and you will have yourself to blame for it! Remember, because you Sahaja Yogis are dear people, [that] you have been selected as officials. If you ignore it, on the one hand you will be deprived of a great source of joy, and on the other hand, you will lose your authority, due to the incomplete knowledge of Sahaja Yoga. Hence, be wise and stand firm! Every movement has thousands of directions. Let your ray; spread in different directions. You will do the welfare to the whole world. Get over your 'inaction to act!' You are to be captains! Let God's melodies be sounded from your flutes.

Transcend in your feelings above those who have not been realized and blessed, and God's kingdom will be yours. May you get that auspiciousness? All my efforts are for that! You have been made like temples. Keep it clean. Some of you are enjoying yourselves in the ocean of bliss! My blessings are that all of you should be happy. Your worldly life and satisfaction should be of the same level. A Sahaja Yogi's satisfaction and the circumstances he is in, are balanced. Both of our legs grow together! If one leg is shorter than the other, you will become lame! I do not want to tell you to lower the level of your circumstances, if the contentment is less. But a Sahaja Yogi's satisfaction does not depend on circumstances. He is happy in the circumstances that are prevailing. If he is not, then his satisfaction is superficial, and not from within! May God grant you an eternal place at His feet!

Your Mother, Nirmala

('Nirmal Yoga' - 1983)

depth through meditation

5 June 1987

Sydney

*By meditation we develop
that strength within us,
so automatically we start
solving the problem.*

Every Sahajayogi's New year Resolution

Daily
Footsoaking, Meditation
& Cleansing Chakras



Enlightening Others
by Talking & Sharing
Importance of Sahaja Yoga



Arranging & Attending
Realisation Events
& Seminars



Giving
Self Realisation to
Family & Friends



Reading & Listening to
Shri Mataji's Lectures

Attending Collective
Meditation sessions
once a week



Spreading Sahajayoga
Consciousness around
the Globe

Wishing You a very Happy & Blissful Year Ahead.....

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“The purpose of the Yuva Shakti

is the development of the personality in order to make it much more complete, so that such developed individuals will prove to be great assets to Sahaja Yoga and serve as shining ideals for others to emulate and derive inspiration.”

- Shri Mataji Nirmala Devi, on Yuva Shakti 1987

