

गुया दृष्टि

June - 2009



So Many Things One Has To

Learn from a dog



Dogs have a capacity to learn ...

I have taught this dog how to do puja. He used to touch My Feet and he would never lick My Feet. He would lick My sari, but never My Feet. And he knew how to use a w.c., can you believe it? All sorts of things he knew. You can teach him so many things. It used to discriminate even the footsteps of every person in the house. And he never liked nudity of any kind. One Yugoslav lady came with her short - not very short, but with a frock, you see. And the legs were showing. And he started barking at her. She wasn't mannerly like that. So I had to give her a towel to cover her legs while she was talking to Me.

Shri Mataji Nirmala Devi, during an informal talk in France.

INSIDE THIS ISSUE



Meaning & Importance of Puja - 2



Filling the Cup - 6



Shri Mataji On Shri Kartikeya - 8

AND MORE

Shri Kartikeya's Colouring Page - 12

The Tale of the Two Parrots - 13

Athena - 14

पुर्नजन्म - 16



MEANING AND IMPORTANCE OF

When performing puja, Shri Ganesha is to be praised first so as to awaken and establish Shri Ganesha within you

1986-05-24

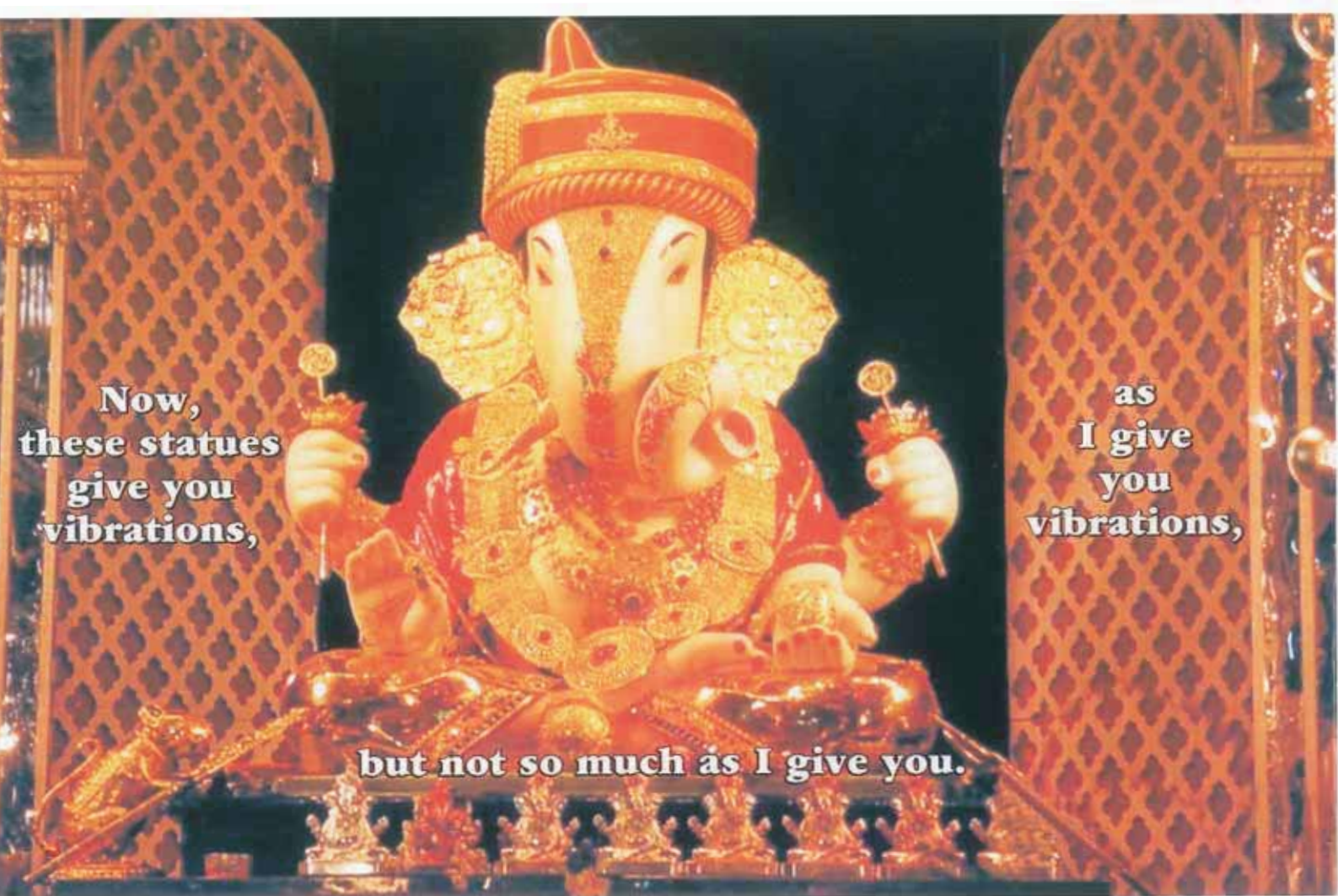


PUJA

Today I will tell you the importance of puja. Even among the early Christians they used to do the puja of the adoration to the statues, maybe, or, maybe, the photographs, or, you can say, the stained glass copies of the Mother and Christ. But later on, people started becoming more rational and they did not understand what is the importance of puja. And when they could not explain it, they gave up doing pujas in that regular manner. Even before Christ, they used to have a particular type of a tabernacle which was measured and was specially made and a puja place was created to worship what they called Yahovah. Now this Yahovah in our Sahaja Yoga is Sadashiva, and Mother Mary is Mahalakshmi. She incarnated before also. She incarnated as Sita, and then She incarnated as Radha, and then She incarnated as Mother Mary.

Now it is clearly written about the birth of Christ in a book called Devi Mahatmayam. He was the son of Radha. Radha is the Mahalakshmi, so He was born in another state as an egg and half of the egg remained as Shri Ganesh and half of it became Mahavishnu which is our Lord Jesus Christ. All the description about Jesus Christ is given in that Mahavishnu's description, exactly the same.

Now this Mahalakshmi came on this earth and She brought forth Her child with immaculate conception which She had done before also, as Radha. So, Christ is the son of the great being of the Virat. Actually Vishnu, Mahavishnu, Vishnu becomes the Virata. Now this Vishnu Tattwa becomes Virata and also He becomes Rama and Krishna and then the Virat, means the Akbar. So Christ is a, is the Omkara itself, is the vibrations itself. All other incarnations had to take the principle or the essence of the Mother Earth to create their body, except for Christ's body which is absolutely Omkara. And the earth element of that being is Shri Ganesh. So we can say that Christ is the power of Shri Ganesh. So that's the reason He could walk on the water. So He's the purest form of divinity, because He's just vibrations. So when you do puja to Me, because I'm in person, there is nothing unreal. If they had done puja to Christ, they must, they have done puja to Christ also when He lived. And to His Mother. It is said that in the Ten Commandments whatever is created by the heavens and by the earth should not be re-created and re-produced and worshipped. So the incarnations are created by the heavens. But in the former days there was no possibility. Now whatever is created by the Mother Earth is what has come



**Now,
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but not so much as I give you.

out of the Mother Earth, which is the swayambhu, it's created by the Mother Earth. Now we have everywhere, we find the swayambhu things. Another thing is, some realised souls also have made beautiful statues.

I went to Portugal and they had a festival of the Lady of the Rocks. So I went to see that place and there was a very small little statue of this height of the Mary, about say, five inches, at the most, and the face was just like Mine, exactly like Mine; and they said that this was found suddenly by two children who were following a rabbit which hid inside a niche. So these children saw some light inside the niche and they started following under a rock. And they reached the source of the light, was this statue; they brought it out, and in that light they walked, and when the people outside, where lots of people were gathered, they were amazed to see that they brought out the statue from somewhere inside. So they worshipped that, that statue in that place.

Now, these statues give you vibrations, as I give you vibrations, but not so much as I give you. And all the other statues also, there may be many, who might be giving you vibrations. Also in India, as you know, you went some of you, to Ganapatipule where it is the Ganesha which has come - Mahaganesha, that is Christ - has come out of the Mother Earth, Mahaganesha. So the lower portion of the body you see there and the head is the whole of the mountain. And there the water of the sea is also sweet, and there are many sweet water wells there. If you remember, a photograph of Mine was taken there, many people took photographs, and in some photographs, in My heart there's a light coming out, and some told Me that some photographs which did not have the light, but when they re-took, I mean the negatives were again taken as a photograph, and again they took a photograph with that, then the light came in there. So, one must know that in the realm of divine there are all kinds of miraculous things.

Same is the puja. Now when we do the puja, first of all you will praise Shri Ganesha. By that, in you, Shri Ganesha will be awakened and established. By worshiping Me as Shri Ganesha your innocence will be established and you will see, that vibration-wise also, your vibrations will increase and you will feel very stable within yourself. Now when you will take Shri Ganesha's names you will know what qualities He has, what

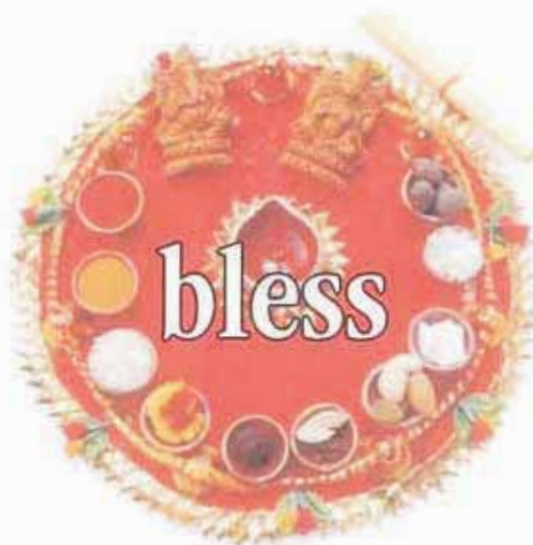
powers He gives you. When you praise those qualities, those powers of those qualities will start emitting through you. This is how the Divine works, as if you get charged with those qualities. Then you praise the Goddess, the Adi Shakti. Now the Adi Shakti has all the seven chakras within Her awakened, and She has to work with all these seven chakras. For the first time such an incarnation has come. It's like you make first one room, then second room, then third room, seven rooms, and then the whole house is done, you get the keys and you open the house is yours. That is how I could achieve self-realisation, en masse. It could not happen earlier, but now possible because of this combination of all the seven chakras.

So now when you are praising the Adi Shakti, I'm also a Mahamaya, that I look like you, I behave like you, I have made myself exactly like you, very difficult to make, but I have. And this body has to bear lots of things to make you understand Sahaja Yoga and your own powers. For example, if you're rude to Me, if you're not respectful, Christ gets very angry because He has said that anything against Holy Ghost, He won't tolerate. So the white chakra, the Agnya starts, you see, starts throwing anger, and moving very fast. Now I have to bear it, I cannot tell you the way Christ wants Me to tell you because He's very direct, and I have to little bit be careful so that you don't get upset. Moreover while doing the puja, supposing you are a doubting type, or you are opposing it, then you don't absorb the vibrations and I have problems, because the vibrations are flowing and you are not receiving it. So I don't know how to contain within myself, you don't suck in the vibrations, so I take time to take them out.

So all these things are very symbolic, whatever we are doing is very symbolic, and that symbol actually acts. For example if you give somebody a flower, that fellow feels, that person feels extremely joyous and happy and gratitude comes in. So when you offer Me say, flowers or anything like water or anything, then the elements are happy and the deities are happy in the chakras. And then they emit their vibrations of their quality and of their blessings on you. They give you their quality and their blessings. That is how the Divine acts and gradually after puja you will feel it that the whole thing is working out.

Now we are doing puja at this time and all over the world people know that there's a puja going on here, so they're also sitting in meditation and they also get the blessings. They're also waiting for this moment when the puja starts, so we give them a time like eleven o'clock or so, up till eleven o'clock we should sit down and they start at eleven o'clock. Now they are getting the same blessings, though you are doing the puja but they also get the blessings in their meditation. If you are not yet so clever and if you don't know all the few things which are important in the puja, does not matter, because if you are ignorant about it, innocent about it, God knows, He forgives, He doesn't mind. We should not mind if you commit any mistakes or anything, just with a humble heart, do the way you like. Gradually, you will learn, but if you know and then you deliberately make mistakes, then it's not good. As we forgive our children, God also forgives innocent children, so you should be very relaxed about it. Just do it for the joy of your heart.

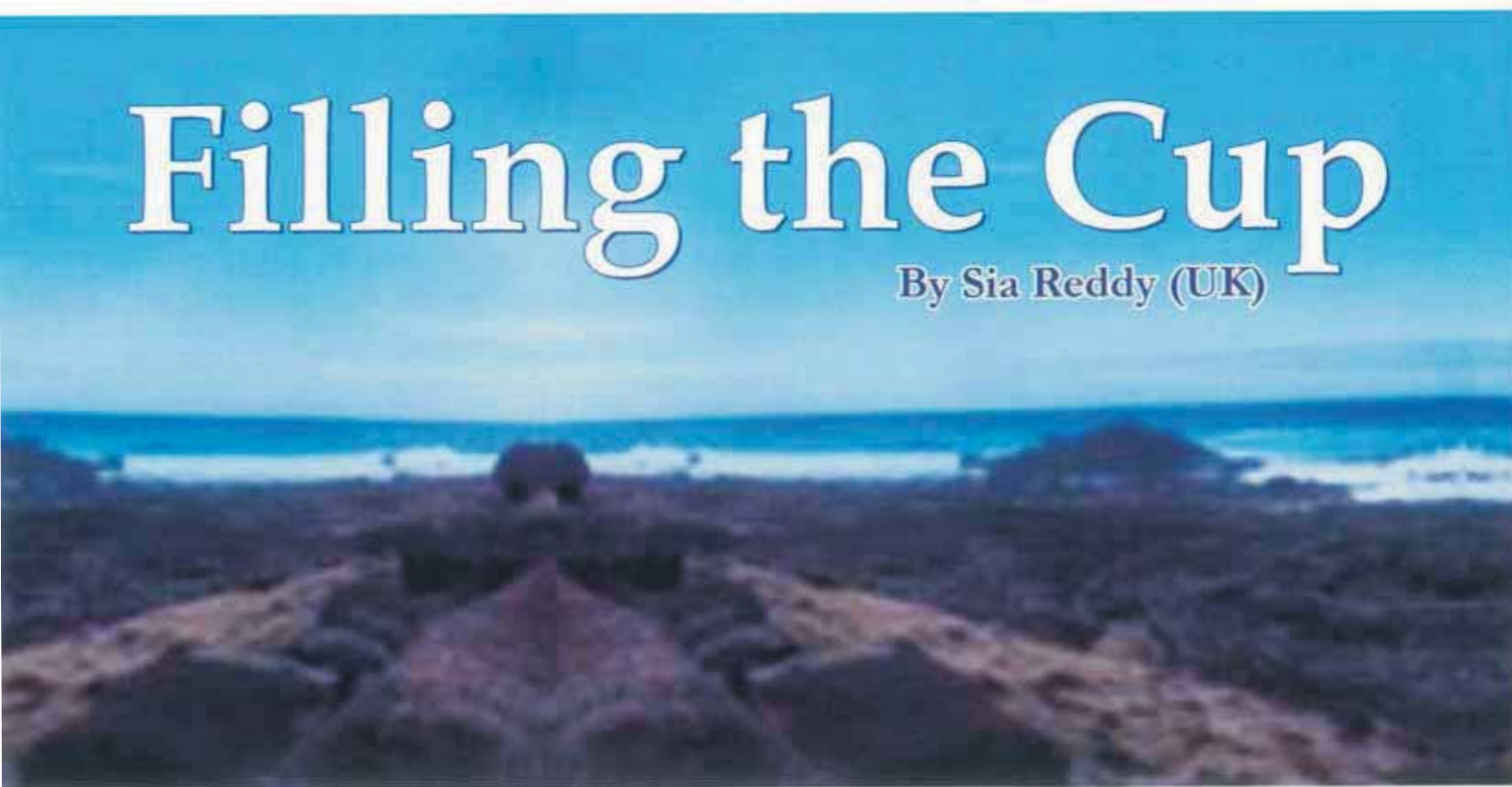
**May
God**



**you
all.**

Filling the Cup

By Sia Reddy (UK)



It must have been the fifth time during the morning meditation that Shanti's mother told her to just sit still! But, no use. She was fidgeting around, playing with the song book, and if there was nothing to grab near by, she played with her toes, her trousers, her fingers...

"Shanti!" Mummy scolded again. "Please! I told you! Sit properly! Hands on your lap".

Shanti follows mummy's instructions for just about a second, until she finds the pattern of the carpet really interesting again and started following the lines with her fingers.

"Ok" says mummy. "Listen. Why do you meditate? Hmm? Tell me."

Almost six years old, Shanti has heard a lot about vibrations and known a lot of mantras, but she had not yet really thought about "WHY" she should be meditating...

"To make Shri Mataji happy!" she replies.

"That is also true" says Mummy. "Of course, but you really meditate for yourself and nobody else, not even Mummy".

"But why?" Shanti asks. "Why do I need to meditate?"

Mummy took a deep breath and looked at Shri Mataji's picture.

After about a minute she turned to Shanti and said, "Look. When we meditate, all the bad things in and around us run away. We can feel happy and light again. But meditation is so much more than just sitting here. If you imagine meditation being a huge beautiful mountain, we have properly not even reached the first step. But you know what the first step is?"

"No. What is it mummy?"

"The first step is the "Getting ready part". Imagine a cup, and you would like to fill it with water." "Yes, mummy, I can imagine. A cup. Mine is pink!"

"Good. In your mind, turn this cup on its side. Now try to pour water in it".

"I don't think I can, Mummy" Shanti replies.



“Exactly! Now imagine holding it and moving it right and left, and again right, move it all along the table. Now pour the water!”

Shanti laughed. “But Mummy, the water will spill all over the place! Maybe just a few drops will be in my pink cup!”

“Exactly” said mummy. “You cannot turn the cup on its head either, nor can you hide it under the table, if you want to fill it with water. It is exactly the same with your meditation. If you don’t sit still, if you are not ready, like the cup, to receive the vibrations, why should they even try to fill you with love and joy?”

“I see what you mean mummy” Shanti replies.

Mummy continued, “Your ‘getting ready’ is so important to show all the deities that you are now ready and willing to meditate. But remember, it is only the first step! What counts is what happens after. This is where your journey really begins.”

Shanti’s eyes shimmered with joy. She closed her eyes and thought of this empty pink cup again. She wanted to be still and ready to be filled like the cup. And before she could even wonder what would happen next, she felt a soothing cool breeze on her hands. Just like that.

“I felt it, it is cool mummy!” she shouted with excitement.

“That is good! Now stay still like the animals in the forest, when they are trying to listen to the sounds of nature, like the stars that are looking down on us and don’t rush around across the firmament, like a lake that lets all the ducks and fish frolic in its water whilst he himself is still and patient. Then, when you are still, you will be joyful. Full-filled!”

Shanti still sat with her eyes closed, only this time she felt no urge to play with her fingers, nor did her eyes open by themselves again all the time, as they usually want to! She just sat there, and it was so easy. The lake....the stars.....the universe, it all made sense. At least for a few minutes.

“Can I get the drum and sing Ganesha Ganesha, mummy?” Mummy smiled and replied. “Go on then”.



SHRI MATAJI ON

SHRI KARTIKEYA

Kartikeya represents the great, we can say, the captain or leader of all the ganas, - of all them like a commander in chief. Ganesha is a king but He is the commander in chief.

And because German character is to be in command of everything we are going to have this Puja where the men will be in command of their spirits and their manly qualities, and women will be in command of their womanly qualities. To be in command is different from to be a master. Master owns it; a commander does not own it. He does not own it, that is also lost. Possession is also lost, we just command it. And that is the state we have to come to now, from Ganesha state to the state of Kartikeya, - the other way round.

Ganesha is nice. He's the king, very nicely sitting down with all the powers, alright? In a sense He's there but Kartikeya is the one who commands innocence, gives you a power of that commandment. He commands. After the Guru Puja it's better that we should have the power to command others and that commanding spirit comes in the men through their talking, through their dynamism, through their personal achievements; for the women through their loving power, through their forbearance, through their gracious behavior, forgiveness, compassion. So let us develop that today, that we can command it means it's not that what we have but in a position we are to command. I hope you understand what is Kartikeya... (1)

The spirit of Kartikeya- that pure, absolute dynamism which doesn't indulge into nonsensical things and useless things, which show results... (3)

Now in front, in the center here is who? Kartikeya is in the center; Christ is in the center. In the center itself, where the chiasma optic is, here outside, is Kartikeya. What is Kartikeya? Kartikeya is the protector of

*Shri
Kartikeya,
very
powerful,
eleven
Rudras,
and this,
has given
Him the
highest
position.*

Christ. Around Kartikeya, they're all the protectors of Christ...(4)

You know Narakasura has taken birth, and he's to be killed, the sahaja yogis are going to kill him. You have to come up to a point and definitely he can be killed. When Kartikeya is awakened within you, he can be killed. But for that you have to be just like gold, untarnishable. You need strong people to do that. A sword that can kill him has to come out from your mettle. Then Narakasura can be killed. He is one of the worst possible asura. That is the fourteenth day. When he was killed, the gate of hell was opened and all those who were his disciples or his followers or satanic people were put. That's the only day you can sleep late and a good news for you...(2)

About Right Mooladhara

When it comes to clearing Mooladhara we usually miss our right Mooladhara. Right Mooladhara is the chakra which is abode of Shri Kartikeya. He is the one who protects us from the demonic forces.

Right Mooladhara is the chakra who manifests wisdom and surrendering of Shri Ganesha. Right Mooladhara is also important as out of eleven Ekadesha Rudras two are Shri Ganesha and Shri Kartikeya. The Rudras protect us from satanic attacks and give us strength to fight negativities. Therefore, right Mooladhara becomes equally important for clearing and strengthening our left side.

It is observed that when our right Mooladhara improves our catching of left Swadhithana reduces.

Shri Kartikeya also keeps supervision over hell. Shri Bhairavnath, while fighting against spirit possessions in us, touches Right Mooladhara and therefore works in coordination with Shri Kartikeya to thwart the negativities from our subtle system back to hell from where they came.

The power of Shri Kartikeya is also very essential in preserving our innocence. When the Kundalini ascends from the sacred bone to Sahasrara, right Mooladhara plays an important role in clearing out the blockages in the path of Kundalini.

It is observed that when our right Mooladhara improves our Right side also becomes better: for two reasons:

1. Since Mooladhara is directly associated with our Agnya chakra, so right Mooladhara directly cures right Agnya, and it also repairs the weakened ego-controlling Rudra on our forehead. (Out of 11 Rudras present on our forehead, two are present to control our ego and superego)

2. As an effect of reduced ego we develop Shraddha and enlightened mind (which has Divine discretion and knowledge).

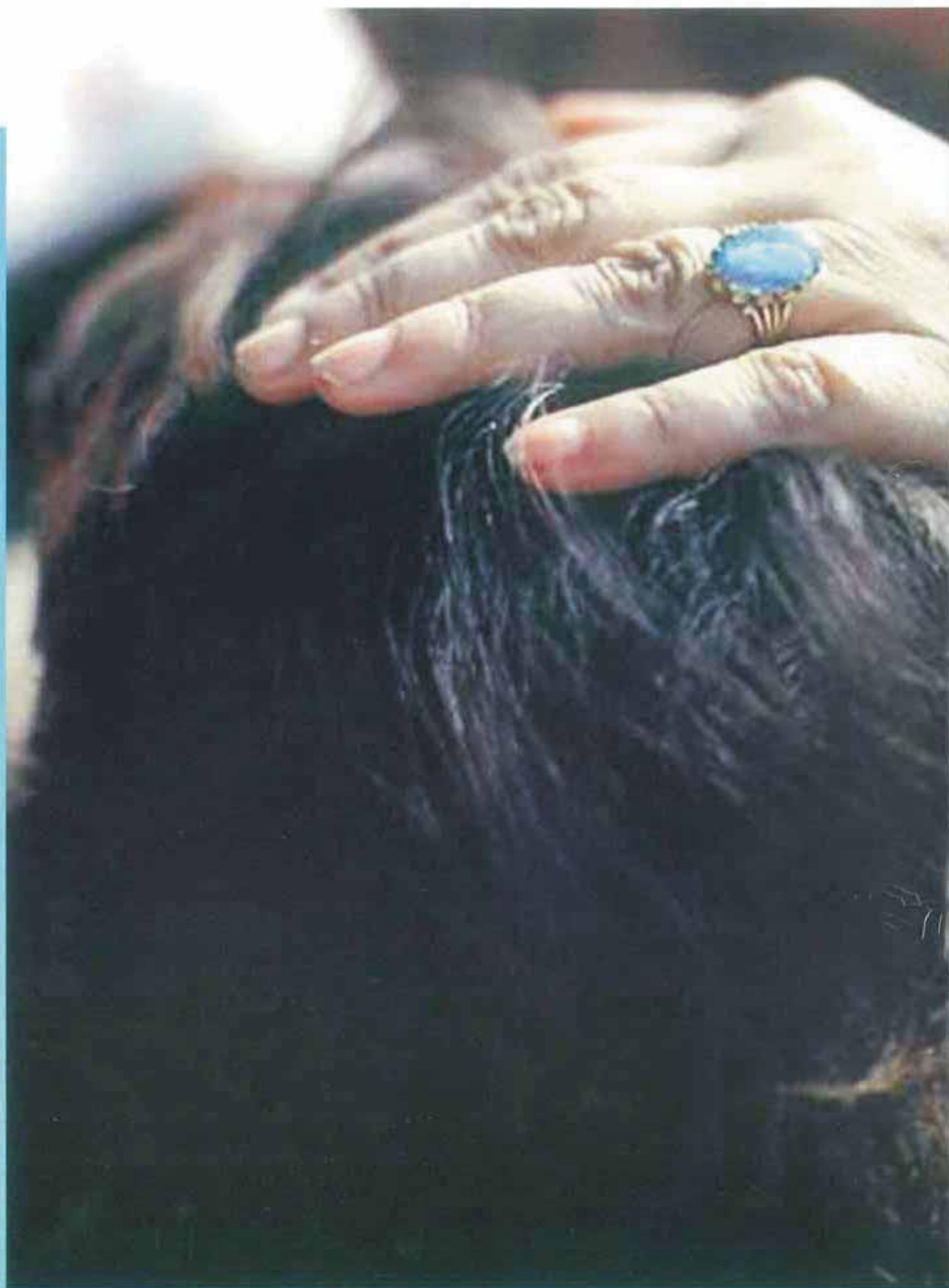
One cannot describe how He looked after His Mother, it's impossible. No words can describe the understanding of Christ for His Mother, His love, His gentleness, His care, His devotion, dedication, His Shraddha cannot be described. And you know that He came as an evolved Shri Ganesha, and at the back He is Shri Ganesha, front He is Shri Kartikeya, very powerful, eleven Rudras, and this, has given Him the highest position. (2)

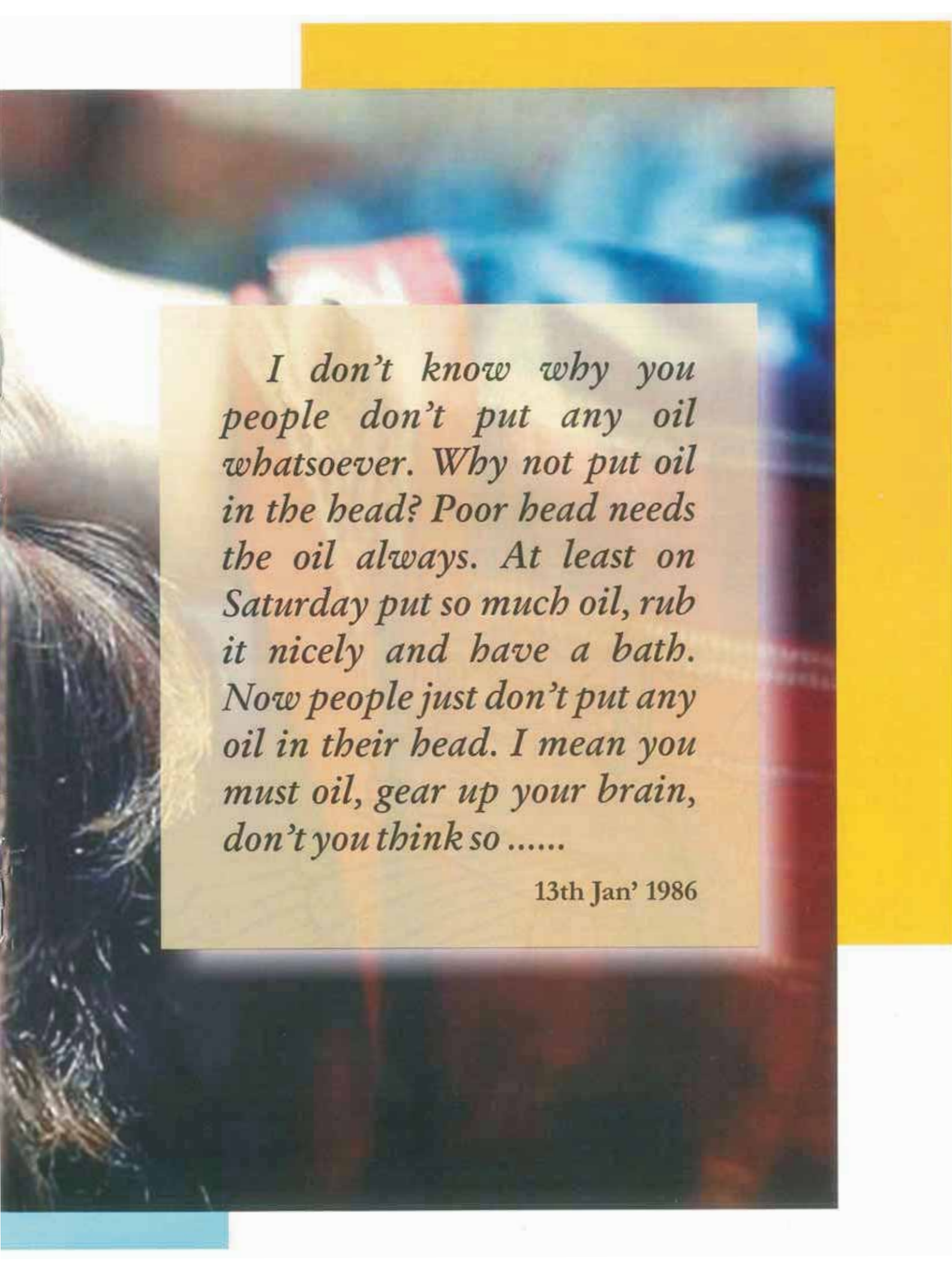
(1) - 13th July' 1986 -
Shri kartikeya Puja Holzkirchen,
Germany

(2) - 06th Nov' 1983 -
Diwali Puja, Hampstead, U. K.

(3) - 21st Dec' 1996 -
Shri Kartikeya Puja, Mumbai,
India tour

(4) - 04th Sep' 1981 -
Advice on Ekadesha Rudra,
London





I don't know why you people don't put any oil whatsoever. Why not put oil in the head? Poor head needs the oil always. At least on Saturday put so much oil, rub it nicely and have a bath. Now people just don't put any oil in their head. I mean you must oil, gear up your brain, don't you think so

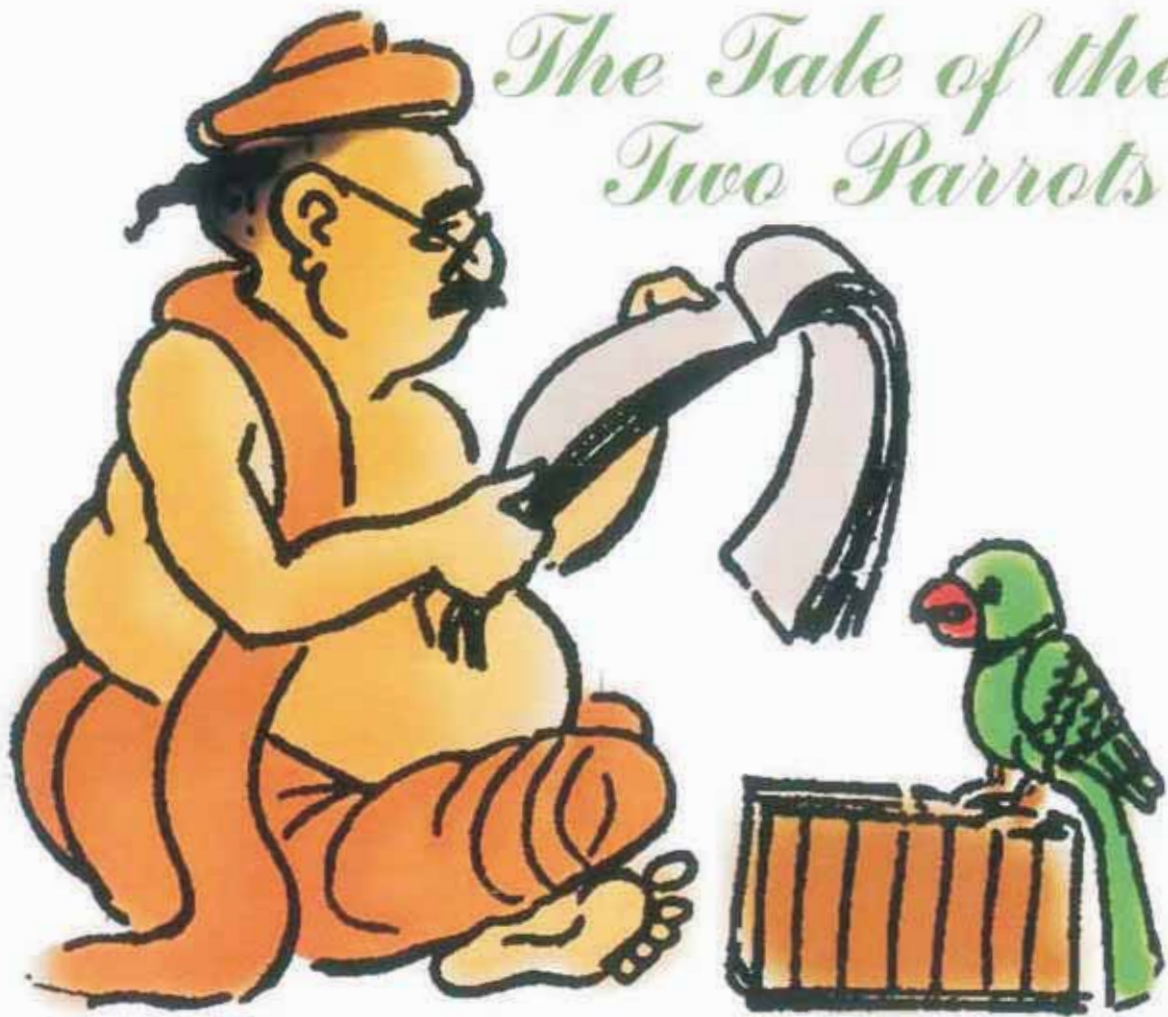
13th Jan' 1986



Colour Shri Kartikeya's sketch



The Tale of the Two Parrots ...



This is a story of two parrots, who loved to travel far and wide in search of food and visit new places. These two beautiful birds were brothers named Radha and Potthapada. Once, they entered the palace gardens and were caught in a trap laid for birds. Both Radha and Potthapada were brought before the king, who just could not keep his eyes off the stunning birds. The king ordered his men that the birds be kept in a special cage made of gold. They were fed the choicest foods everyday.

Radha and Potthapada were the toast of the king's palace. Royal guests would stand by the golden cage and admire the birds. Life was very comfortable for them until the day a huge ape was brought to the palace. The ugly ape was named Kalabahu. Soon, all attention that was reserved for the parrots was now Kalabahu's. People had not seen such a huge ape before. Kalabahu became the center of attraction of all the royal guests and palace officials. They would pour in to have a good look at the ape and his antics that made everyone roar with laughter. As a result, both the parrots started feeling neglected. Nobody cared whether they were fed on time or not.

Potthapada, the younger of the two parrots, was deeply hurt. He confided in his elder brother, "Let us leave from here and go elsewhere. Nobody cares for us anymore." Radha, wiser of the two, replied, "Potthapada, my brother, do not feel so sad. Attention, praise and blame, and honor and dishonor are temporary facets of life. Soon, people will get tired of the ape's antics and know your true worth."

And, sure enough, people started disliking the ape, as he began misbehaving and fooling around a bit too much. The king also found his acts offensive, and ordered Kalabahu to be sent back to the forest. People started paying all their attention to the well-behaved and beautiful parrots once again.

Moral : True worth and ability are always given their due ultimately.

"It is very, very fortunate and auspicious that we are celebrating the Diwali in Greece, specially in Delphi. It has a very ancient history, and as you know Athena resided here. She was the Primordial Mother. Atha in Sanskrit means "primordial." So this place has been described, has been described even in the Puranas as Manipur dweep. Manipur is the Nabhi. Also in Sanskrit Manipur means the Nabhi Chakra. So it's described as the Manipur dweep, is written Manipur e dweepe. Just imagine these Puranas, these ancient-time books – God knows how old they are, must be at least eight thousand or maybe more – and they have described Greece as the Manipur dweep, is the place of Nabhi and where resides the Adi Shakti, that's the Athena. So I mean, how it was known to them – maybe through torsion area, I would say; but it is written very clearly, and same we find here is the place of Athena which is in the Nabhi. ...

Now this Primordial Mother that we have as Athena also has in her hand a Kundalini, also She has one trident. All this is sign that when she was born she knew that she has to fight the evil forces in the Nabhi Chakra. All this history is really shown very clearly in the Greek mythology."

(Diwali Puja, Delphi, Greece, 7/11/99)

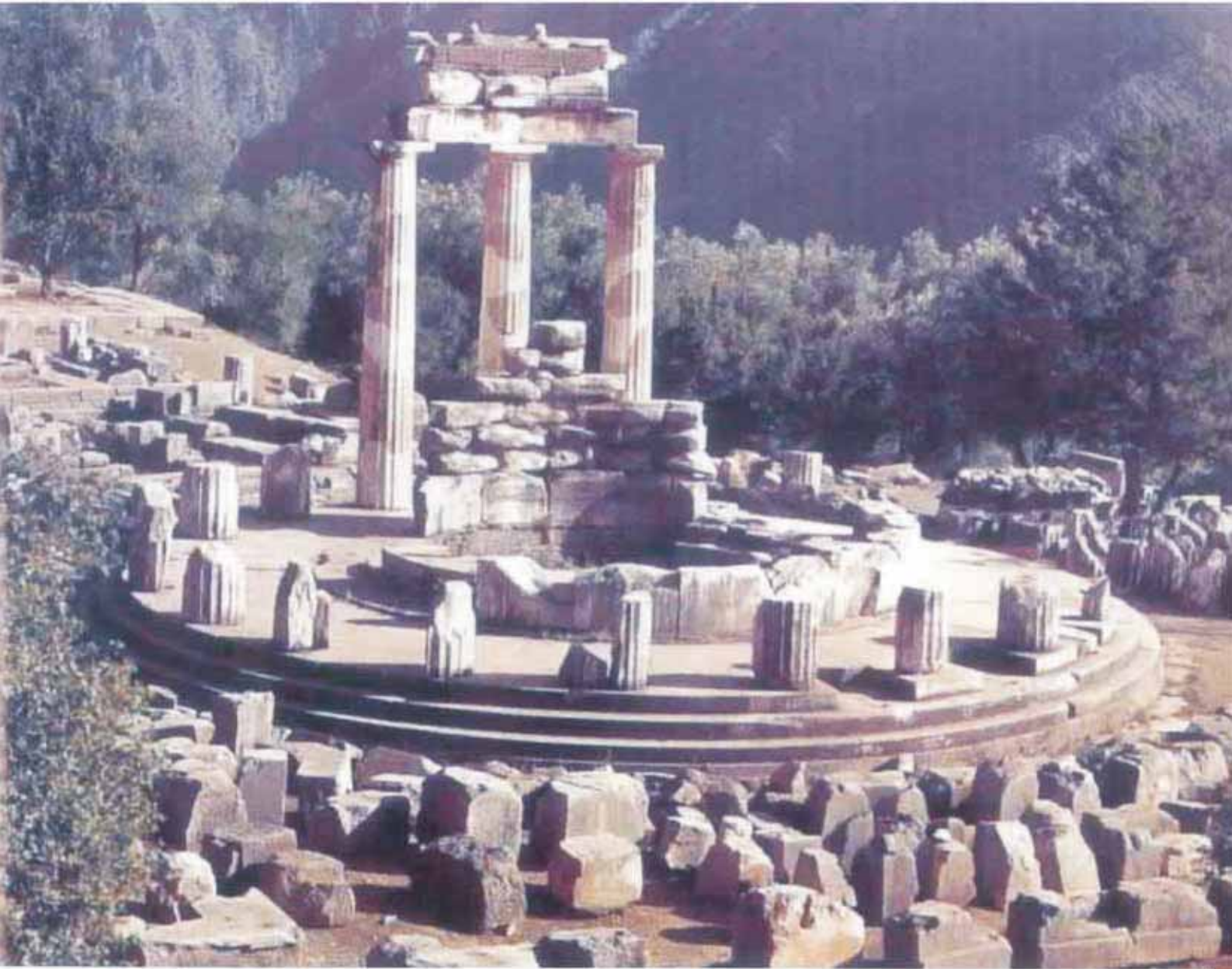
"...and so, this Athena has been described, and when I went to Her temple I found that there was a little temple for the child God. That was Shri Ganesha. And then, when I went to Delphi, also, when I went there I was surprised to see, they showed me a mound and said, "This is the Nabhi, navel of the whole universe." I said, "That's correct." But when I turned round there were lots of vibrations and what I find is a Ganesha statue there."

(Shri Pallas Athena Puja, Athens, Greece, 26/4/93)

"I was amazed at the Temple of Athena when we went there. It's so much so near to the thing that the Mooladhara is shown there where the Kundalini exists. Now she's the one who has snakes around her, see? And she has little little snakes as her children. Can you imagine? And she's one, and she has a daughter, which is the Kundalini in you and a God who is a child God. And when she stands she has a Kundalini in her hand, the snake coming out of her hand. With all the charkas she is made. It's so beautifully shown. The best was her Sanctum Sanctorum where nobody is allowed to go inside where she resides. Is the Adi Kundalini. But they say that she came out of the head of Zeus, the Primordial Kundalini. And her place nobody can go inside, nobody can reach. Except for her son, the child. But her steps are very large also are roundish. She is curved. Can you imagine? They're curved as if part of the Kundalas they are. And they are three and a half in height, you can see that, in height and in width also. Like every place are made of big stones and the last one is made of the small, three and a half, and they go in a curve. And that is Sanctum Sanctorum nobody can go inside."

(Talk, Mill Farm seminar, Dorset, England, 2/8/81)





Athena

Advice given by

H.H. Shri Mataji Nirmala Devi

A woman with a bindi on her forehead, wearing a white sari, is seated on a dark wooden bench. She is looking towards the right. The room is dimly lit, with a single lit candle in a brass holder on the bench next to her. In the background, there are dark curtains and a vase with yellow flowers on the left.

पुर्नजन्म

१६ -०२- १९९४

आत्म - साक्षात्कारी के रूप में ...

सभी सत्य साधकों को मेरा प्रणाम।

सर्वप्रथम मैं यह कहना चाहूँगी कि सत्य जो है वही है। आप न तो उसे परिवर्तित कर सकते हैं, न इसकी परिकल्पना कर सकते हैं और न ही इसका वर्णन कर सकते हैं। आपको स्वयं सत्य बनना पड़ता है, इसके बिना तो यह मात्र बातें ही है। आज जो भी कुछ मैं आपको बताऊँगी उस पर आप आँखे बन्द करके विश्वास न कर लें। अन्धविश्वास के कारण हमने बहुत कष्ट उठाये हैं। वैज्ञानिक की तरह अपने मस्तिष्क को खुला रखें। यदि यह कार्य करें और आपको लगे कि यह सत्य है, यदि सत्यानुभव का वास्तवीकरण आप में हो जाए, यदि पूर्ण सत्य को आप अपने मध्य स्नायु तन्त्र पर समझ पाएं केवल तब आपको स्थाई रूप से इस पर विश्वास करना है। तब आपको विश्वास करना है क्योंकि आप ईमानदार हैं, और जान जाएंगे कि यह व्यक्तिगत रूप से आपके लिए, आपके देश के लिए और सारे विश्व के लिए हितकारी है।

तो सत्य यह है कि आप यह शरीर, मस्तिष्क, भावनाएं, बन्धन और यह अहं आदि नहीं है। आप पवित्र आत्मा हैं। इसी कारण इस मानवीय चेतना पर, दुर्भाग्यवश, आप सत्य को नहीं जान सकते। अपनी विकास प्रक्रिया में मानव के रूप में हम इस अवस्था तक पहुँच गये हैं। कोई भी भेदन, जिसका वास्तवीकरण होना है बाकी नहीं रहा। यह बड़ी-बड़ी शेखियाँ मात्र नहीं, परन्तु इसका वास्तवीकरण होना है। वास्तवीकरण होने पर आप दूसरे सत्य को जान जाएंगे कि परमात्मा के प्रेम की एक अत्यन्त सूक्ष्म शक्ति है। इन वृक्षों को आप देखते हैं और इन्हें स्वीकार कर लेते हैं। 'एक नारियल में से इतने सारे वृक्ष कैसे निकल आये' जीवन्त क्रिया होने के कारण हमने यह जानने का कभी कष्ट नहीं उठाया। हमारे हृदय को कौन चलाता है? डाक्टर कहेंगे कि यह स्वतः चालित (ऑटोनोमस) नाड़ी प्रणाली है। परन्तु यह स्वतः (ऑटो) कौन है? किसी भी जीवन्त चीज़ के बारे में हम कभी प्रश्न नहीं करते क्योंकि हमारे पास इसका कोई उत्तर नहीं है। हमारे विकास की यह जीवन्त प्रक्रिया भी स्वतः ही घटित होती है।

सर्वप्रथम मेरा यह बताना आवश्यक है कि आप इसका व्यापार नहीं कर सकते। इसका व्यापार करना पापमय है। इसका क्रय-विक्रय पाखण्ड है और उसके लिए लोगों को व्यक्तिगत और सामूहिक रूप से दंड भुगतना होगा। तो यह पहली चीज़ है कि आप इसका व्यापार नहीं कर सकते। क्योंकि यह आपकी अपनी शक्ति है जो आपके अपने अन्दर निहित है, कुण्डलाकार होने के कारण जिसे हम कुण्डलिनी कहते हैं। यह आपके अन्दर स्थित है और बिना किसी प्रयत्न के इसे जागृत किया जा सकता है, सहज। 'सह' अर्थात् आपके साथ जन्मी, 'ज' अर्थात् स्वतः। आधुनिक युग में बहुत सी ऐसी चीज़ें हैं, कि मुझे हैरानी होती है कि कितने लोगों के पास सत्य को पहचान लेने का विवेक होगा। तो पहली चीज़ आप यह देखें कि शिष्य कैसे हैं? वे क्या कर रहे हैं। उनका ज्ञान कितना है? उनमें कितनी शक्तियाँ हैं। आप जब आध्यात्मिक हो जाते हैं तो यह आपका पूर्ण पुर्नजन्म है। आपकी सारी शक्तियाँ जागृत हो गई हैं।

निःसन्देह आत्मसाक्षात्कार के पश्चात् या कहें कि प्रथम अंकुरण के पश्चात् आपको थोड़ी सी गहनता से अभ्यास करके सर्वव्यापक शक्ति से अपने सम्बन्ध को स्थापित करना होगा। ये सम्बन्ध ही योग है, जहाँ आपकी एकाकारिता सर्वव्यापक शक्ति से हो जाती है। सदा के लिए आप जुड़ जाते हैं। इसे नया जन्म कहते हैं। संस्कृत भाषा में इस नये जन्म को द्विज बनना कहते हैं अर्थात् दो बार जन्मा, द्विज का अर्थ पक्षी भी होता है। पक्षी पहले अंडा होता है, फिर वह पक्षी बनता है और स्वतन्त्र हो कर उड़ना सीखता है। इसी प्रकार आत्मसाक्षात्कारी व्यक्ति का पुर्नजन्म होता है। पहले सामान्य व्यक्ति की तरह और फिर आत्मसाक्षात्कारी के रूप में। आपको न तो



सत्यापित करना होता है, न कोई संस्था बनानी होती है और न ही इसके लिए कुछ खर्च करना होता है। सर्वव्यापक शक्ति का यह अनुभव ही बाइबल की भाषा में परम चैतन्य की शीतल लहरियाँ (Cool breeze of the Holy Ghost) कहलाता है। आदि शंकराचार्य ने अपनी पुस्तक में इसे 'सलीलं-सलीलं' कहा है, अर्थात् जो अत्यन्त शीतल एवं आनन्ददायिनी है। तब यह शीतल लहरियाँ आपके सिर के तालू भाग में महसूस होती हैं। सिर के तालू भाग को ब्रह्मरन्ध्र कहते हैं क्योंकि सर्वव्यापक शक्ति ब्रह्मचैतन्य कहलाती है। 'रन्ध्र' अर्थात् सुराख। तो जब यह रन्ध्र खुलता है तो आपको अपने सिर पर यह शीतल लहरियाँ अनुभव होने लगती हैं। तब आप शान्त हो जाते हैं। आपकी चिन्ताएँ, झुरियाँ समाप्त होने लगती हैं। आपके तनाव स्थायी रूप से समाप्त हो जाते हैं। आप एक शान्त व्यक्ति बन जाते हैं।

आइए अब युवा-अध्यक्षों की समस्याओं को समझें। इनकी एक सबसे बड़ी समस्या यह है कि जब यह कार्य करते हैं तो इन्हें मानसिक तनाव हो जाता है। यह आम बात है क्योंकि आप सोचते हैं कि आप कार्य कर रहे हैं। पहली स्थिति में हम कहते हैं कि हम कर्म कर रहे हैं। इससे हमारा अहं बनता है और हम बहुत प्रसन्न होते हैं। अहं को जब बढ़ावा मिलता है तो हम अधिक प्रसन्न होते हैं, परन्तु जब यह पंकचर (हवा निकलना) होता है तो हम खिन्न होते हैं। अहं दत्त प्रसन्नता आनन्द नहीं होती क्योंकि आनन्द कोई द्वैत स्थिति नहीं है, यह अद्वितीय है, अद्वैत है। तो जब इसका सम्बन्ध सर्वव्यापक शक्ति जो कि अत्यन्त गतिशील, विवेकशील एवं अत्यन्त अभिव्यक्तिशील है, से होता है तो आप आनन्द की स्थिति का अनुभव करते हैं। क्योंकि जो भी कुछ आप करना चाहते हैं, वह



आपके सम्मुख होता है और आपको हैरानी होती है कि किस प्रकार आपने इसको विकसित कर लिया। व्यापार में भी किसी व्यक्ति को आप मिलना चाहते हैं तो तुरन्त जान जाएंगे कि वह कैसा व्यक्ति है। आप यह भी जान जाएंगे उससे कैसा व्यवहार करना है, किस प्रकार की चुनौती लेनी है और क्या चर्चा करनी है।

आत्मा का प्रकाश आपके चित्त को प्रकाशित करता है। हम सबको। सभी लोगों ने यदि इसी एक चीज़ को जान लिया होता तो न तो कोई झगड़ा होता न लड़ाई; न कोई सिद्धान्त होते न हठधर्मी और न भिन्न धर्म होते। जैसे मैं आपके सम्मुख बैठी हूँ और आप मुझे स्पष्ट देख रहे हैं। पूर्ण सत्य को यदि आप अपनी अंगुलियों के सिरो पर जान लें तो क्यों आप परस्पर झगड़ा करें, क्यों परस्पर युद्ध करें और क्यों एक दूसरे की हत्या करें? आप समझें कि सर्वप्रथम उपलब्धि जो आप प्राप्त करते हैं वह यह है कि पूर्णत्व का स्पष्ट ज्ञान आपको हो जाता है। पूरी वास्तविकता को आप जान जाते हैं। अभी तक हम अंधेरे में हैं क्योंकि वह भेदन अभी घटित नहीं हुआ है।

दूसरे हम सदा धर्म की बात करते हैं। लोग मुझसे प्रश्न, 'श्री माताजी ये धर्म इतने कष्टदायक क्यों हैं? वे युद्ध क्यों कर रहे हैं?' क्योंकि वे अंधेरे में हैं। आप चाहे ईसाई, मुसलमान या हिन्दु कोई भी हों, आप कोई भी पाप कर सकते हैं। कोई विवशता नहीं है। धर्म आपके अन्दर उदय होना आवश्यक है। यह आपको अन्दर से धर्मपरायण बना देता है, बाहर से नहीं। तब समस्याओं का अन्त हो जाता है। विस्तृत होने के अवसर बहुत हैं। आपका अस्तित्व ही अन्तःशक्ति है। सम्भवतः आप नहीं जानते कि आप कितने गरिमामय हैं। आप ये भी नहीं जानते कि आप क्या कर सकते हैं और आपमें कितनी शक्तियाँ हैं। हमें इसका ज्ञान नहीं है। हमें स्वयं का ज्ञान नहीं है। आज आप इसी समस्या का सामना कर रहे हैं। एक बार जब हम स्वयं को जान लेंगे, इस मशीन की कार्यप्रणाली को जान लेंगे, दैवी प्रेम के विज्ञान को जान लेंगे तो पूरा जीवन इसी प्रकार परिवर्तित हो जाएगा।

यहाँ कुछ लोग बैठे हैं जो आज बहुत बड़े लोग हैं। एक समय उनके सम्मुख भी समस्याओं का अम्बार था। परन्तु सहजयोग में आने के पश्चात् वे पूर्णतया प्रगल्भ हो गए हैं। साथ ही साथ वे करुणामय भी हैं और सामूहिक रूप से सोचते हैं। भारत में लक्ष्मी धन की देवी है। जब यह आपके अन्दर जागृत हो जाती है तो यह आपके लिए धनार्जन करती है। आपको धन, वैभव प्राप्त होता है। परन्तु अभी तक यह लक्ष्मी नहीं है। आपके पास एक बड़ी कार है फिर भी आप दुष्कृत्य कर सकते हैं। पर सहजयोगी बनकर आप यह सब नहीं करते, आप वास्तव में धर्मपरायण हो जाते हैं और दैवी शक्ति आपकी हर इच्छा पूर्ण करने में सहायक होती है। इसके लिए आपको कोई चालाकी करने की आवश्यकता नहीं रहती। परमात्मा की शक्ति ही सारा कार्य कर देती है। यह आपकी देखभाल करती है पर आपको स्वयं पर विश्वास होना चाहिए।

लक्ष्मी जी को यदि आप देखें तो उनके हाथ में दो कमल होते हैं। इसका अर्थ है कि इस प्रकार के व्यक्ति को अत्यन्त स्नेही होना होगा। गर्म जोशी होनी चाहिए, अपने बच्चों, पत्नी, पड़ोसियों और सभी के प्रति। यह हार्दिक हो, दिखावे मात्र ही नहीं।

२५ वर्ष का कोई लड़का किसी प्रतिस्पर्धा में टेनिस खेल रहा है। आजकल सभी कुछ धनचलित होने के कारण खेल भी उसे सदमा पहुँचाता है। परिणामतः वह बहुत सोचता है, शराब पीता है। ऐसे व्यक्ति को भयकर हृदय-घात हो सकता है। यही अन्त अधिक सोचने तथा योजना बनाने वाले वृद्धों का भी हो सकता है। एक दिन पता चलता है कि उन्हें हृदय शूल हो गया। कभी-कभी चेतावनी देने के लिए भी उन्हें हृदय घात हो जाता है। दूसरी बार दूसरी चेतावनी और तीसरी बार समाप्त। इन दिनों हृदय बहुत बड़ी समस्या है। ऐसा नहीं है कि उनके हृदय पत्थर के हैं जो टूट जाते हैं। परन्तु मूल्यहीन दिशा में अपनी शक्ति का दुरुपयोग ही मुख्य समस्या है। ...

साड़ी

श्रीकृष्ण, जो कि विराट स्वरूप है, मास्टरो के मास्टर; हम ये कह सकते हैं। जब द्रौपदी पर समस्या आई - द्रौपदी जो श्रीकृष्ण की बहन - साक्षात् विष्णुमाया थीं। उसने श्रीकृष्ण को याद किया। उसकी साड़ी को दुःशासन खींच रहा था। उसने सिर्फ 'क्रि' कहा। द्रौपदी को 'कृष्णा' कहना था, पर उसने सोचा, 'मैंने अगर 'कृष्णा' कहा तो ये गिर जाएगा।' उसने जैसे ही 'श्ना' कहा, साड़ी निचे गिर गई। तब उसने श्रीकृष्ण का वर्णन करते हुए उसे पुकारा... वो आवाज द्वारका तक पहुँची। कहाँ द्वारका और कहाँ हस्तिनापूर? कम से कम दो हजार मील का अन्तर था। पर वो आवाज चैतन्य द्वारा पहुँच गयी और वहाँ एक बड़े ध्वनी का निर्माण हुआ। श्रीकृष्ण उनकी बहन की लज्जा की रक्षा के लिए वहाँ पहुँचे। तुरन्त। उसी क्षण। वे कह सकते थे कि 'चलो जाने दो। एक साड़ी निकलने दो, दूसरी और फिर उसके बाद मैं जाऊँगा।'

'मुझे विश्वास है कि उसने मेरी ही साड़ियों को चुराया होगा - जो तुमने मेरी पूजा के लिए दी है - जो बहुत है। ऐसा मुझे लगता है वरना द्रौपदी को देने के लिए उसने इतनी सारी साड़ियाँ कहाँ से लाई होगी? जरूर ये मेरी स्टोरेज की रही होंगी। मुझे विश्वास है और इसलिए आपने मुझे इतनी सारी साड़ियाँ दी है, जिससे कि वो सभी स्त्रियों की लज्जा की रक्षा कर सकें।

श्रीकृष्ण पूजा, १९९१

तो ये साड़ी कई सारी विशेषताओं से जुड़ी हुई है। आप केवल इन साड़ियों को पहनती ही नहीं बल्कि आप अपने में बसी हुई सारी खुबियों को दर्शाते हो।

श्रीकृष्ण पूजा, १९९०



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*A Saint has to be gentle
in the way the moonlight
falls upon this Earth...*

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