

गुला दृष्टि

Dec.- 2009





Let's feel proud...
To be a part of...
Our glorious nation...
And hoist the
Tricolor high...

Sending you
warm wishes...

On

Indian Independence Day!

"Before independence in this country [India] I remember we had to fight the British, and what patriotism people had at that time. I remember once we had gone to see a hockey match, and my father always had a national flag on it, that time it was not national it was congress flag in the car. So the soldiers came, they said, "Take down this flag." So my driver got down he said, "You cut my throat first and then you take down the flag". We all children joined him and they were shocked, went back.

Such enthusiasm, such patriotism came at that time when we were fighting these people.

(H.H. Shri. Mataji Nirmala Devi, 12/4/94)

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The Power Of Photos

The trouble is My photograph has vibrations.....

The camera is much more sensitive than human beings are. There are so many things the camera has caught, which human beings cannot catch.....

The camera is so sensitive and so honest and so deep.... It could be a person loves you very much that even a photograph of hers can love you so much. It could be.

We cannot think of someone who is just love. And the photograph has that love within itself.....

None of the people before Me were photographed. Christ was never photographed. Buddha was not photographed. Even Muhammed was not photographed. This is the first time you have developed this wonderful thing called the camera.

And there's my photograph. What to do?....

It is rather difficult to accept a photograph because it is said that you should not bow to any. It was said because there were no photographs before. Nothing was there. A photograph is such a truthful thing. And you'll see yourself later on. Then you won't give up. I know that. You will like it....

A photograph may also have symbolic value. Say we have the queen's photograph, will you? She's not there. Will you spit on her photograph, any one of you? You will not. Because, after all, that photo, that thing represents something. It is a symbol, is'nt it? It may not give vibrations, but definitely it is a symbol of something.

It is the coefficient of the whole thing that works this out. Even when I am talking to you, you'll be amazed. Something will work out within your-self. The sound also carries the vibrations.

14th April 1982

[when taking photographs] you must take the right angle and at the right time.

I find some people take exactly the wrong





angle and at the wrong time.

Yes, when you get the vibrations, that's the point you must click. And because you just take it at a wrong time, the photographs do not come out well for some people.

The vibrations will tell you when to take.

I took a photograph of some people and their vibrations started flowing.

It's all relative.

July 1985



Ai Giri

Meaning Of

Ai Giri Nandini Nandit. Medini

Oh Beloved daughter of the mountains, The one who brings about great joy to the earth,

Vishw. Vinodini Nandanute

The One who brings joy to the whole universe, I prostrate Myself before You, who is the form of complete bliss.

Girivar. Vindhya Shirodhini Vasini

Your Holy abode is in the king of the mountains, the Vindhyas.

Vishnu Vilasini Jishnu Nute

Shri Vishnu is filled with joy when he meditates on You having won You remain that complete self, I seek refuge at Your Lotus Feet.

Bhagavati He Shiti Kanth. Kutumbini

Oh great creator of this Universe, the Great Goddess who is the wife of Lord Shiva, the blue throated one, and of the family of Lord Shiva.

Bhuri Kutumbini Bhuri Krute

You belong to the universal family and for You, the whole Universe is Your family, You are the one who does the greatest Of great actions namely giving self-realization.

Jay. Jay. He Mahishasur. Mar. Dini

Victory to You, Oh Great Goddess who killed the terrible demon, Mahishasura.

RamyakaPar.Dini ShailaSute

You are the One with the beautiful luminous face, the wife of the one who has the matted locks, i.e. Lord Shiva, Daughter of the king of mountains, i.e. Shri Parvati

Sur. Var. Varshini Dur.Dhar. Dhar.Shini

On the gods You shower auspicious blessings. Enemies of Gods are so powerful, yet You are able to keep them away.

Dur. Mukh. Marshini Har.Sharate

You are the destroyer of the evil faced ones, i.e. demons. You are the giver of uninterrupted happiness.

Tribhuvan. Poshini Shankar. Toshini

You are the one who looks after and sustains all the three worlds. The One who is the ultimate joy of Lord Shankara.

Nandini

Kilbisha Mojini GhoshaRate

You alone can destroy all our sins which You do by giving us self-realization. Yet, for those who are the enemies of the gods and your children, You always wear a ferocious expression that says "BEWARE".

Danuj. Nirosini KshitiSut. Roshini

You show to the gods that You are pleased with them. Yet to the sons of Diti (different from Aditi = the Mother of the gods). Who are the demons, you always show your displeasure.

Dur.Mud. Shoshini SindhuSute

Even though there may be demons who have great strength, You can take their evil strength away.

Jay. Jay. He Mahishasur. Mar. Dini

RamyakaPar.Dini ShailaSute

Dhanuranusanga Ranakshanasanga

In the battle field You are so absorbed in the battle that Your arm moves continuously shooting arrows, Your entire body shakes as if You are dancing and Your bangles make musical sounds.

Parisphut. Danga Natatkatake

(All these denotes that even while She is continuously vanquishing the force of the gods, She does it with total concentration, with grace and beauty)

Kanak. Pishanga Pushatka Nishanga

They look like flashes of gold, yellow and light shining from Your bow (kanak = Gold, Pishanga = yellow, Nishanga rasad bhata Shrunga=Making sounds that are pleasing ear).

Rasad Bhata Shrunga Hata Batuke

Oh Great Goddess, You destroyed the demon Vatuke, when You Shoot Your arrows in the battle field,

krut. Chaturanga Bala Kshiti Ranga

And Your very presence makes this army of gods filled with enthusiasm, joy and valor, and even their arrows which are in the quiver on their backs

Ghatada Bahu Ranga Ratada Bhatuke

Shine forth with new colours and seeing all these Lord Bhairava dances in front of You in great ecstasy, repeating Over and over again "Jai Mataji, Jai Mataji".

Jay. Jay. He Mahishasur. Mar. Dini

RamyakaPar.Dini ShailaSute

Jay. Jay. Japya Jaye JayaShabda

Oh Great Goddess who brings salvation to the world, our complete prostrations before You; constant incantation of Your Holy Name is the most supreme prayer that a devotee can take for his own meditation,

Parastuti tatpara Vishwanute

And when he gets absorbed in saying Your Name, need for other sounds and language falls away. Oh Goddess, who brought salvation to this world, we constantly prostrate ourselves before You (Tatpar =constantly)

Si Giri

Jhana Jhana Jhinjita Jhinkruta Nupura

Lord Shiva who, though beyond sounds and language when he hears the sound of Your wondrous ornaments moving against one another,

JhinJhita Mohita Bhutapate

When You are in battle or in dance and make sounds like Jhana Jhana Jhinjita and Jhinkruta, he becomes totally filled with Joy and leaving his meditation desires to hear these heavenly sounds again and again.

Natina Natartha Natina Nata Nayaka

Oh Great Goddess, who took the form of Shri Ardha Narishwara, when You dance in the company of other great dancers,

Naatita Natya Yugana Rate

You put them all the shame and for Your divine cosmic dance You always have the greatest musicians and singers to accompany You.

Jay. Jay. He Mahishasur. Mar. Dini

RamyakaPar.Dini ShailaSute

Ayi Sumanas Sumanas Sumanas

(In this line the poet uses the word Sumanas four times and each time he uses it to denote a different aspect of the Devi) With the beautiful mind You are also like a soft flower. Though we are seeing you in the form of Shri Durga, your mind is as that of Lord Shiva and Shri Parvati;

Sumanas Sumanohara kantiyute

Your being is so beautiful, and seeing You in this beautiful form our minds become as pure as those of the gods, and we worship you even more because You are the one who is totally effulgent and all kinds of lights emanate from You.

Shrita Rajini Rajini Rajini

(Here the word Rajini, has four different meanings) The night takes Your protection, Beautiful, You are the One whose arti we do;

Rajini Rajini Kara Vakravrute

You are the One who has no birth, You are eternal, in Your hand You hold a lotus; Your noble face shines like a full moon.

Sunayana Vibhrama Rabhrama Rabhrama

And we see Your beautiful eyes under the lovely dark eye-brows, that look like a cluster of bees,

Rabhrama Rabhrama Radhipate

And Your name is also Shri Bhramahri Devi, that when you raise Your eyebrows, the three lines that are formed on Your forehead are the three worlds themselves and simply by

Nandini

(Cont.....)

the movement of Your eye-brows You create and dissolve the three worlds.

Jay. Jay. He Mahishasur. Mar. Dini

RamyakaPar.Dini ShailaSute

Sahita Maharnava Malla Mattalika

In the battle field when You are faced with great fighters,

Vallika Rallika Mallarate

You do battle with them in the way in which they fight.

Vir. Chita Vallika Pallika Mallika

When You are confronted with such powerful demons who use no weapons, You become totally absorbed in that battle.

Jhillika Bhillika Vargavrute

And make plans to destroy them after You have tired them and all this brings great joy to the Bhil tribals who were being harassed by these Mallas.

SitaKrutha Phulli Samulla Sitaruna

Your actions are so beautiful, like the rays of the rising sun, and becomes apparent to us as if

Tallaja Pallava Sallalite

Flowers are suddenly blossoming on creepers and seeing all these beautiful actions Lord Shiva becomes pleased.

Jay. Jay. He Mahishasur. Mar. Dini

RamyakaPar.Dini ShailaSute

Kamala Dalamala Komala Kanti

Those beautiful pure clusters of lotuses that emit very gently and sweetly beautiful light,

Kala Kalitamala Bhala Late

You have made these flowers blossom by Your own powers and have kept them in Your hair.

Sakala Vilasa Kala Nilaya Krama

Heavenly swans have the power to discriminate, and when they recognize all your great work.

Keli Chalal Kala Haunsa Kule

They are filled with complete joy and move around in an excited manner.

Ali Kula Sankula kuvalaya Mandala

Just as clusters of bees are attracted to groups of fragrant lotuses,

Mauli Milad Bakulali Kule

The stars come in clusters attracted to Your forehead.

Jay. Jay. He Mahishasur. Mar. Dini

RamyakaPar.Dini ShailaSute

"JAI SHRI MATAJI"

A Cloud hides the Sun



1 975 letter from Shri Mataji to sahaja yogis, written on May 5th, 5 years after the opening of Sahasrara Chakra at the universal level

Attention, Maya and Walking on the Path...

In 1975, Shri Mataji (the founder of Sahaja Yoga Meditation) celebrated Sahasrara Day in London with about twenty to twenty-five invited people. On that same day, she sent a letter in Marathi to the Sahaja Yogis in India. Excerpts are provided below.

“I am explaining, in this letter,” She wrote, “what is Unreal. It should be read out to all and assimilated by all.”

Your name, village, country, horoscope, forecasts, many such things get attached to you or others attach them to you.

Once the Brahmarandhra (the top of the head -fontanel bone area, the core of Sahasrara chakra) is closed, many types of illusory ideas become part of your mind....

Only that attention which progresses, renouncing all that is unreal, breaks all known and unknown bindings becomes verily the Self.

Atma (the Spirit) is never disturbed or destroyed. Only human attention, in pursuit of desires, leaves its inner path.

This is Maya (the Illusion). She has been intentionally created. Without her, the Attention would not have developed.

You should not be afraid of Maya and should recognize her so that She will illuminate your path.

A Cloud hides the Sun and also makes it seen.

In the same way, once the Maya is identified, she moves aside and the Sun is seen. The Sun is

and Also Makes it



Seen

always there, but what is the purpose of the Cloud? Because of the Cloud, you have an urge to see the Sun, which shines for a moment and again hides somewhere. It gives strength and courage to your sight to see the sun.

Man has been created with such great efforts. Only one step on his feet and all is successful. But still, it is not becoming possible. Hence, I have come as your Mother....

Attention should always be kept going deeper and deeper within. Forget the outside as much as possible. Have confidence that everything about it is taken care of. There are many instances to prove it. Then, in whatever you do, your attention remains in oneness with the Self. All bindings of sin and merit are snapped. Distinctions like

worldly and nonwordly vanish because that wicked darkness, which has created all the discriminations, ends. Everything becomes auspicious in the light of true knowledge, whether it is the destruction done by Shri Krishna or the cross of Shri Jesus.

All this will not be understood by explaining. Just showing the path will not help.

The path will be known only after walking on it....

Many Blessings and Infinite Love to you all.

Ever Yours,

Your Mother, Nirmala

Ref : Divine Cool Breeze Magazine, Volume 14, Number 4, July-August 2001, page 32

Key to treatments in Sahaja Yoga

HEAD

- * Apply Coconut or Olive Oil am & pm.
- * Sometimes can use almond oil, for nervous types... or if feel exhausted.
- * Avoid sitting in Sun....but if head becomes hot, not to take water till eaten something sweet.
- * Cover in winter, so brain does not freeze.
- * Vibrated lime under pillow.
- * Oil head weekly, then wash the head
- * For Vishuddhi, tilt head to R with attention on Sahastrara.
- * Raise Kundalini, and apply bandhan.
- * Eat butter....gives fat cells for brain.
- * Rub or massage the head or skull with oil.

TEETH

- * Brush teeth quite a lot.
- * Rub Olive Oil and fine salt on gums before sleeping.
- * In India, use twig of Neem as toothbrush.

NECK

- * Radha Krishna or Vitthala mantras.
- * Not to move neck too much... or hands too much.... or to shrug shoulders whilst talking, so as not to spoil Vishuddhi.
- * Protect from cold conditions.

LIVER

- * Chandrama mantra.

- * Take vibrated white sugar.
- * Take out anger by getting a pillow and hitting it hard.
- * Ice on liver.
- * Improve attention by meditation & listening to talks.

NERVES

- * Look at green grass or the ground.
- * Apply Almond oil to head.
- * Put L hand on center stomach and R hand to photo.
- * Purify your eyes.

HAIR

- * Little vibrated coconut oil applied to hair at night and in morning.
- * Avoid oils with fragrances / essences which may lead to greying of hair.
- * Not to use butter or ghee on head or hair.
- * Oil the hair before a head bath.
- * Comb hair properly so that is not an forehead....make it nice.
- * Can comb the hair (or dress) in a different way, to fool the spirits..... beard also.

TONGUE

- * Clean the tongue in the mornings.
- * Reduce what you eat by half.... not to think about food too much.

THROAT

- * Gargle with salt water daily.
- * Ghee or butter on hot drinks.

- * Take biscuit between hot and cold.
- * Use sauces with food.
- * Radha Krishna or Vitthala mantras.
- * Protect the throat from cold conditions.
- * If we speak, speak of Sahaja.

STOMACH

- * Vibrated water, and for L side, vibrated salt....and for R side, vibrated sugar.
- * Maharashtra clay to remove heat.
- * Eat vibrated food, avoid hotel food.
- * Avoid fungus type foods.
- * Eat cooling foods in summer.

ASCENT

- * Yoga, Union, Meditation, Surrender, Joy, Recognition, Dedication, Bliss, Bhakti.
- * Just sit, and listen to Shri Mataji or to Her talks....and imbibe.
- * Get into collectivity be collective.
- * Shri Mataji Prasanna.
- * Be large hearted.

GENERAL

- * Raise Kundalini and put bandhan.
- * Use hands, not brains.
- * Be decent and decorous.
- * Wash hands and use water as much as you can.
- * Footsoak.

with reference to the Physical Body

- * Shoebeat.
- * Can take piece of garlic before sleeping.
- * Carry & use photo.
- * Sit on ground.
- * Meditate.
- * Introspection.
- * Lead a clean life.
- * Take correct mantra and say with respect.



FOREHEAD

- * Keep free of hair.
- * Give up wrong ideas and gurus.
- * Shoebeat.
- * Accept Sahaja Yoga is the only way.
- * Surrender to Real Guru.
- * Do things for God.

EYES

- * Eat butter/ghee....which supplies fat for brain.
- * Apply Netranjan at night.
- * Vibrated water helps.
- * Use photo of Shri Mataji's

- hands with candle.
- * Keep eyes focused on ground.

EARS

- * Warm Olive Oil with piece of garlic, and put drop of this oil in ears.
- * Radha Krishna or Vitthala mantras.
- * Allah ho Akbar with index fingers in the ears.

BODY

- * Olive Oil massage on backbone.
- * Oil hands and body before bath.
- * Discipline or train the body.
- * Can apply ghee/butter to body, if overactive....not otherwise.
- * Wear vest to avoid colds.

HANDS

- * Put L (or minus) hand on a hot liver and R (or plus) hand outside, to suck heat with the L hand and give it out with the R hand.
- * Work with hands, not brains.
- * If chakra catching, put hand there... do not feel condemned about it.
- * Receive vibrations with L hand, give with R hand.
- * Wash hands... use as much water as you can, to get vibrations alright.
- * Wash hands after toilet.... and before food.
- * Use water not paper after toilet.
- * Before bath rub oil on hands and body.
- * Use clay to clean hands, in India.
- * Not harm others or take

- advantage of others.
- * Not show off powers.
- * Avoid over thinking.
- * Have awe for God.

NOSE

- * With dropper, put warm vibrated butter or ghee or oil into nose... one drop each side, morning and evening.
- * Use neti with inhalant for 3-4 days before sleeping.
- * Radha Krishna or Vitthala mantras.

SKIN

- * Use cotton fabrics for children.
- * Neem boiled in water and used as bath for skin troubles.
- * Use Indian clay on skin....is good for soothing sunburn.
- * Rub ghee or butter on fingers and hands, if dried up.
- * To get vibrations in hand, ask 'Mother, are you the Holy Ghost?'
- * If hands feel hot, just 'throw' it away. Rub hands and throw it away.
- * If L hand is hot or shaking, put R hand on heart.
- * If R hand is hot, put L hand on liver and R hand to photo.
- * If R hand is shaking, put L hand on stomach, R hand to photo.
- * If feel nervous, put L hand on centre of stomach and R hand to photo.
- * Namaste is better than shaking hands.... is healthier.

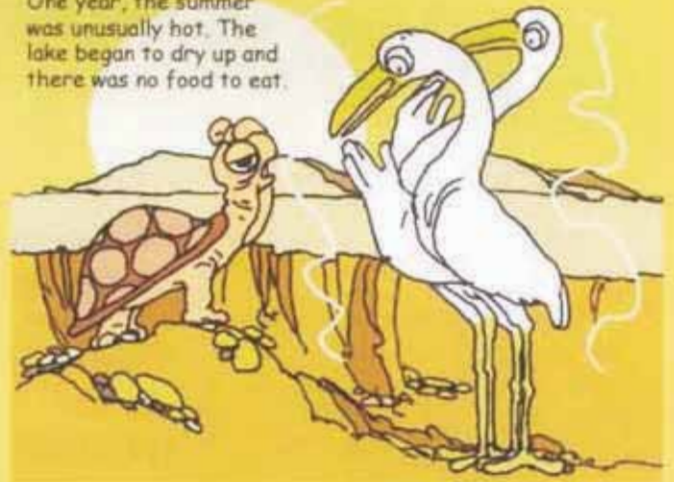
From :- Sahajvidya -
28th Aug' 2002

Two Cranes

Once, two cranes and a tortoise lived as good friends in a lake. The cranes would share their daily adventures with the tortoise. The tortoise who had never seen anything beyond the lake would never tire of talking about one thing or the other to the cranes.



One year, the summer was unusually hot. The lake began to dry up and there was no food to eat.



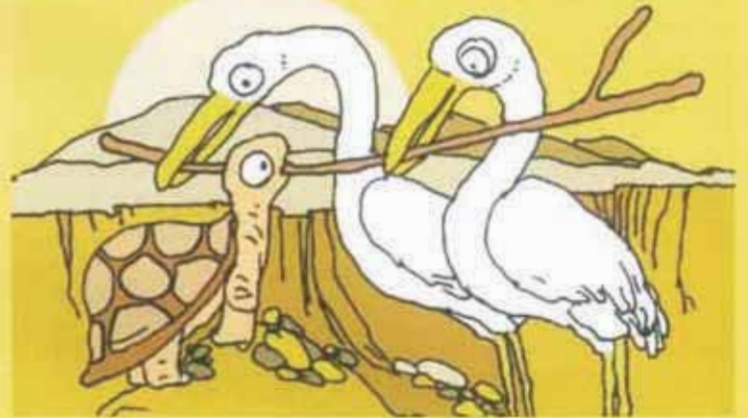
The cranes searched far and wide and found another lake that was full even in the scorching heat.

The cranes decided to leave their present home and move to the newfound lake.

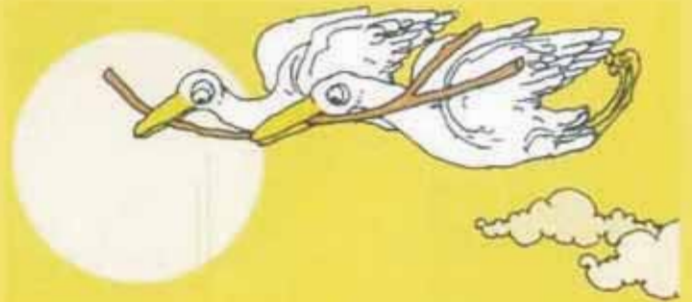


Sa Tortoise

They asked the tortoise to clamp its mouth tightly around a strong branch and the cranes lifted the branch with their strong beaks and started their flight.



The tortoise had never seen these sights before and was so touched by the kindness of the cranes.



It forgot all about the advice of the cranes and opened its mouth to thank its friends. As soon as it opened its mouth, it lost its grip over the branch. It fell to the earth below and died.



The End

Alas!
"Think before you Act"

माँ तुलजाभवानी



महाराष्ट्र के उस्मानाबाद जिले में स्थित तुलजापूर, जो माँ तुलजाभवानी का स्थान है। ये छत्रपति शिवाजी महाराज की कुलदेवी हैं और महाराष्ट्र व अन्य राज्यों के कई निवासी इसकी कुलदेवी के रूप में पूजा करते हैं।

तुलजाभवानी महाराष्ट्र के प्रमुख साढ़े तीन शक्तिपीठों में से एक है तथा भारत के प्रमुख पचास शक्तिपीठों में से भी एक मानी जाती है। मान्यता है कि छत्रपति शिवाजी महाराज को खुद देवी माँ ने तलवार प्रदान की थी, जिसे भवानी तलवार कहते हैं।

यह मंदिर महाराष्ट्र के प्राचीन दंडकारण्य वनक्षेत्र में स्थित यमुनांचल पर्वत पर स्थित है। ऐसी जनश्रुति है कि इसमें स्थित तुलजाभवानी माता की मूर्ति स्वयंभू है। इस मूर्ति की एक और बात यह है कि यह मंदिर में स्थायी रूप से स्थापित न होकर 'चलायमान' है। साल में तीन बार इस प्रतिमा के साथ प्रभु महादेव, श्री यंत्र तथा खंडरदेव की भी प्रदक्षिणापथ पर परिक्रमा करवाई जाती है।

तुलजाभवानी की स्वयंभू प्रतिमा :

शालीग्राम पत्थर से निर्मित यह मूर्ति वस्तुतः स्वयंभू मूर्ति मानी जाती है। इस मूर्ति के आठ हाथ हैं, जिनमें से एक हाथ से उन्होंने दैत्य के बाल पकड़े हैं तथा दूसरे हाथों से वे दैत्य पर त्रिशूल से वार कर रही हैं। ऐसा प्रतीत होता है कि माता महिषासुर राक्षस का वध कर रही हैं। माता की दाहिनी ओर उनका वाहन सिंह स्थापित है। इस प्रतिमा के समीप ऋषि मार्कण्डेय की प्रतिमा स्थापित है, जो पुराण पढ़ने की मुद्रा में है। माता के आठों हाथों में चक्र, गदा, त्रिशूल, अंकुश, धनुष व पाश आदि शस्त्र सुसज्जित हैं।

'शक्ति की देवता'

प्रतिमा का इतिहास

इतिहास में इस प्रतिमा का वर्णन मार्कंडेय पुराण के 'दुर्गा सप्तशती' नामक अध्याय में उल्लेखित है। इस ग्रंथ की रचना स्वयं संत मार्कंडेय ने की थी। इस अध्याय में कर्म, भक्ति व ध्यान के संदर्भ में ज्ञान है। इस प्रतिमा की ऐतिहासिकता का दूसरा स्रोत भगवद् गीता भी है।

तुलजाभवानी की कथा

कृतयुग में करदम नामक एक ब्राह्मण साधु थे, जिनकी अनुभूति नामक अत्यंत सुन्दर व सुशील पत्नी थी। जब करदम की मृत्यु हुई तब अनुभूति ने सती होने का प्रण किया, पर एक बच्चे की माँ होने के कारण उन्हें यह विचार त्यागना पड़ा तथा मंदाकिनी नदी के किनारे तपस्या प्रारंभ कर दी। इस दौरान कूकर नामक राजा अनुभूति को ध्यान मग्न देखकर उनकी सुन्दरता पर आसक्त हो गया तथा अनुभूति के साथ दुष्कर्म करने का प्रयास किया। इस दौरान अनुभूति ने माता से याचना की और माँ अवतरित हुई।

माँ के साथ युद्ध के दौरान कूकर एक महिष रूपी राक्षस में परिवर्तित हो गया और महिषासुर कहलाया। माँ ने महिषासुर का वध किया और यह पर्व 'विजयादशमी' कहलाया। इसलिए माँ को 'त्वरिता' नाम से भी जाना जाता है, जिसे मराठी में तुलजा भी कहते हैं।

तुलजाभवानी की पूजा

इस मंदिर की ख्याति मराठा राज्य में फैली और यह देवी भोसले प्रशासकों की कुलदेवी के रूप में पूजी जाने लगीं। छत्रपति शिवाजी अपने प्रत्येक युद्ध के पहले माता से आशीर्वाद प्राप्त करने के लिए यहाँ आते थे।

तुलजाभवानी का मंदिर

इस मंदिर का स्थापत्य मूल रूप से हेमदपंथी शैली से प्रभावित है। इसमें प्रवेश करते ही दो विशालकाय महाद्वार नजर आते हैं। इनके बाद सबसे पहले कलोल तीर्थ स्थित है, जिसमें १०८ तीर्थों के पवित्र जल का सम्मिश्रण है। इसमें उतरने के पश्चात् थोड़ी ही दूरी पर गोमुख तीर्थ स्थित है, जहाँ जल तीव्र प्रवाह के साथ बहता है। तत्पश्चात् सिद्धिविनायक भगवान का मंदिर स्थापित है।

तत्पश्चात् एक सुसज्जित द्वार में प्रवेश करने के पश्चात् मुख्य कक्ष (गर्भगृह) में माता की स्वयंभू प्रतिमा स्थापित है। गर्भगृह के पास ही एक चाँदी का पलंग स्थित है, जो माता की निद्रा के लिए है। इस पलंग के उलटी तरफ शिवलिंग स्थापित है, जिसे दूर से देखने पर ऐसा प्रतीत होता है कि माँ भवानी व शिव शंकर आमने-सामने बैठे हैं।

यहाँ पर स्थित चाँदी के छल्ले वाले स्तंभों के विषय में माना जाता है कि यदि आपके शरीर के किसी भी भाग में दर्द है, तो सात दिन लगातार इस छल्ले को छूने से वह दर्द समाप्त हो जाता है।

इस मंदिर से जुड़ी एक जनश्रुति यह भी है कि यहाँ पर एक ऐसा चमत्कारिक पत्थर विद्यमान है, जिसके विषय में यह माना जाता है कि यह आपके सभी प्रश्नों का उत्तर सांकेतिक रूप में 'हाँ' या

माँ तुलजाभवानी....

'ना' में देता है। यदि आपके प्रश्न का उत्तर 'हाँ' है तो यह अपने आप दाहिनी ओर मुड़ जाता है और अगर 'ना' है तो यह बाईं दिशा में मुड़ जाता है।

माना जाता है कि छत्रपति शिवाजी किसी भी युद्ध से पहले चिंतामणि नामक इस पत्थर के पास अपने प्रश्नों के समाधान के लिए आते थे।

कैसे पहुँचे ?

तुलजापूर तक आने के लिए सभी प्रकार के यातायात के साधन उपलब्ध हैं। दक्षिण से आने वाले यात्री नालदुर्ग तक आसानी से सड़क मार्ग द्वारा आ सकते हैं। उत्तरी व पश्चिमी राज्यों से आने वाले तीर्थयात्री सोलापुर के रास्ते तुलजापुर तक आ सकते हैं। जबकि पूर्वी राज्यों से आने वाले यात्री नागपुर या लातूर के रास्ते यहाँ आ सकते हैं।

रेलमार्ग - तीर्थयात्री सोलापुर तक रेल से आ सकते हैं जो कि तुलजापुर से केवल ४४ कि.मी.की दूरी पर स्थित है।

वायुमार्ग - तुलजापुर तक आने के लिए यहाँ से सबसे करीबी हवाई अड्डा सोलापूर, पुणे हैं, जहाँ से बस या निजी वाहन द्वारा इस स्थान तक पहुँचा जा सकता है।





Colour Maa Durga's sketch





सहजयोगी मुझ से पूछते हैं कि ध्यान करने के लिए क्या करें? आप निर्विचार समाधि में रहिए, बस। उस वक्त कुछ भी मत कीजिए। आप केवल लक्ष की ओर ही नहीं बढ़ रहे, परम चैतन्य मात्र आपकी देखभाल का भार ही नहीं ले रहा, परन्तु इसके साथ पहली बार आप प्रकृति में, वातावरण में, तथा आपसे निरन्तर सम्बन्धित लोगों में दैवत्व का प्रसार कर रहे हैं। यही एक कार्य है जो हमें करना है ध्यान की विधि अति सहज है।

इसके अतिरिक्त हम प्रार्थना तथा पूजाएं करते हैं। पूर्ण समर्पण से, हृदय से परम प्राप्ति की याचना के लिए की हुई प्रार्थना भी स्वीकार होती है। केवल याचना मात्र कीजिए, बाकी सब हो जाएगा।

पिछले संस्कारों तथा भविष्य की आकांक्षाओं के कारण सहजयोगियों को समस्याओं का सामना करना पड़ता है। सहजयोग में आपने सीखा है कि जब भी कोई समस्या हो उसका समाधान कैसे करें। ध्यान करने के अतिरिक्त भी बहुत सी विधियाँ हैं। आप इन्हें भलि-भाँति जानते हैं। आपको चक्रों तथा कुण्डलिनी की स्थिति का ज्ञान होना आवश्यक है। किसी चक्र के दोष के कारण यदि कुण्डलिनी रुक गयी है तो हमें हतोत्साहित नहीं होना चाहिए। यदि आपकी कार रास्ते पर बिगड़ जाए तो परेशान होने से क्या लाभ होगा? आपको इसकी रचना (यन्त्र की बनावट) का ज्ञान प्राप्त करना होगा, एक कुशल कारीगर बनना होगा, तब आप इसे कुशलता



यही ध्यान है..

ध्यान-धारणा पर श्री माताजी निर्मलादेवी का वार्तालाप, नई दिल्ली, १९७६

पूर्वक चला सकेंगे। अतः सहजयोग की सभी विधियों का ज्ञान तथा उनमें निपुणता प्राप्त करना आवश्यक है। इस ज्ञान में निपुणता आप केवल इसे दूसरों को देकर, उनसे सीख कर अपने तथा दूसरों को दोष मुक्त करके पा सकते हैं।

हतोत्साहित होने की कोई बात नहीं, यह बहुत बुरी बात है। स्वयं से निराश तथा अप्रसन्न होने पर समस्याएं खड़ी हो सकती हैं। आपको अपने पर हँसना चाहिए। अपनी बिगड़ी हुई यंत्र-रचना पर हँसना चाहिए। इस यंत्र से भी यदि आप स्वयं को पहचानना शुरू कर दें तो भी आप विलीन हो जाते हैं। न आप चक्र रहते हैं न माध्यम (चैनल) आप ही चेतना बन जाते हैं।

आप ही शक्ति हैं और आप ही कुण्डलिनी। अतः आपको किसी भी अव्यवस्थिति की चिन्ता नहीं करनी चाहिए। यदि कुछ अव्यवस्थित है भी तो आप उसे ठीक कर सकते हैं।

अभी-अभी बिजली चली गयी थी। बत्ती यदि स्रोत से ही कट गई है तो यह गम्भीर बात है। परन्तु किसी प्यूज आदि की खराबी से यह हुआ है तो आप इसे ठीक कर सके हैं। आपके चक्र यदि खराब भी हैं तो भी चिन्ता की कोई आवश्यकता नहीं।

सहजयोग में चिन्ता करना तथा स्वयं को हतोत्साहित करना गलत दृष्टिकोण है। दूसरे शब्दों में सहज का अर्थ है 'सुगम-मार्ग'। सहज तथा सहज होने का अर्थ है 'जाहि विधि राखो ताहि विधि रहिए'। इस प्रकार का दृष्टिकोण आपके चित्त को अन्तर्मुखी करता है। बाह्य भाग को भूल जाइये, इसकी हमें कोई चिन्ता नहीं।

'जैसे आप मुझे रखेंगी, मैं वैसे ही रहूँगा', और आप आश्चर्यचकित रह जाएंगे कि सब कुछ अच्छा हो गया है, ठीक हो गया है। कभी-कभी आप पाते हैं कि आप कहीं पहुँचना चाहते थे नहीं पहुँच पाएँ, कोई भजन लिखना चाहते थे-नहीं लिख पाएँ, कोई वस्तु पाना चाहते थे-आपको नहीं मिली, यह सब आपको परमात्मा की इच्छा समझ कर स्वीकार करना चाहिए।

ठीक है। परमात्मा की यही इच्छा थी। वे यही चाहते थे। ऐसी अवस्था में आपकी एकाकारिता परमात्मा की इच्छा से हो जाती है। पूरे विश्व में परमात्मा की इच्छा का प्रसार करने के लिए ही आप पृथ्वी पर विद्यमान हैं। इस स्थिति में पहुँच कर भी यदि आप अपनी इच्छाएं तथा अपने विषय में विचार बनाने शुरू कर देंगे तो कब आप परमात्मा की इच्छा बन पाएँगे ?

इस 'मैं' (अहं) भाव को जाना ही होगा। यही 'ध्यान-धारणा' है। यहाँ अब आप 'मैं' नहीं रहे, 'आप' बन गये हैं।

Attractions

If you feel attracted for any man... think that 'that' man has a bhoot, and I also have a bhoot... only the bhoots attract bhoots.... it's as simple as that.... it's only the bhoots attract (810904); Why to make your body that attractive to every man, spoiling his attention, and your attention... what is the need... the whole idea is wrong (780000)

Entities are being exchanged in flirtations, and result in wobbly eyes, and also are the cause of those 'attractions' that we cannot explain or understand (781218); In a very gross way, we see that people are attracted towards others through the body element. Any body attraction can enslave you, and cannot give you freedom. It will give you habits for your body enslavement, and will enslave you to your Guru. The other attractions are for food, greed, and lust-materialism at it's worst. Once you start getting used to it, you become enslaved...and not a Guru (860706)

Jai Shri Mataji!

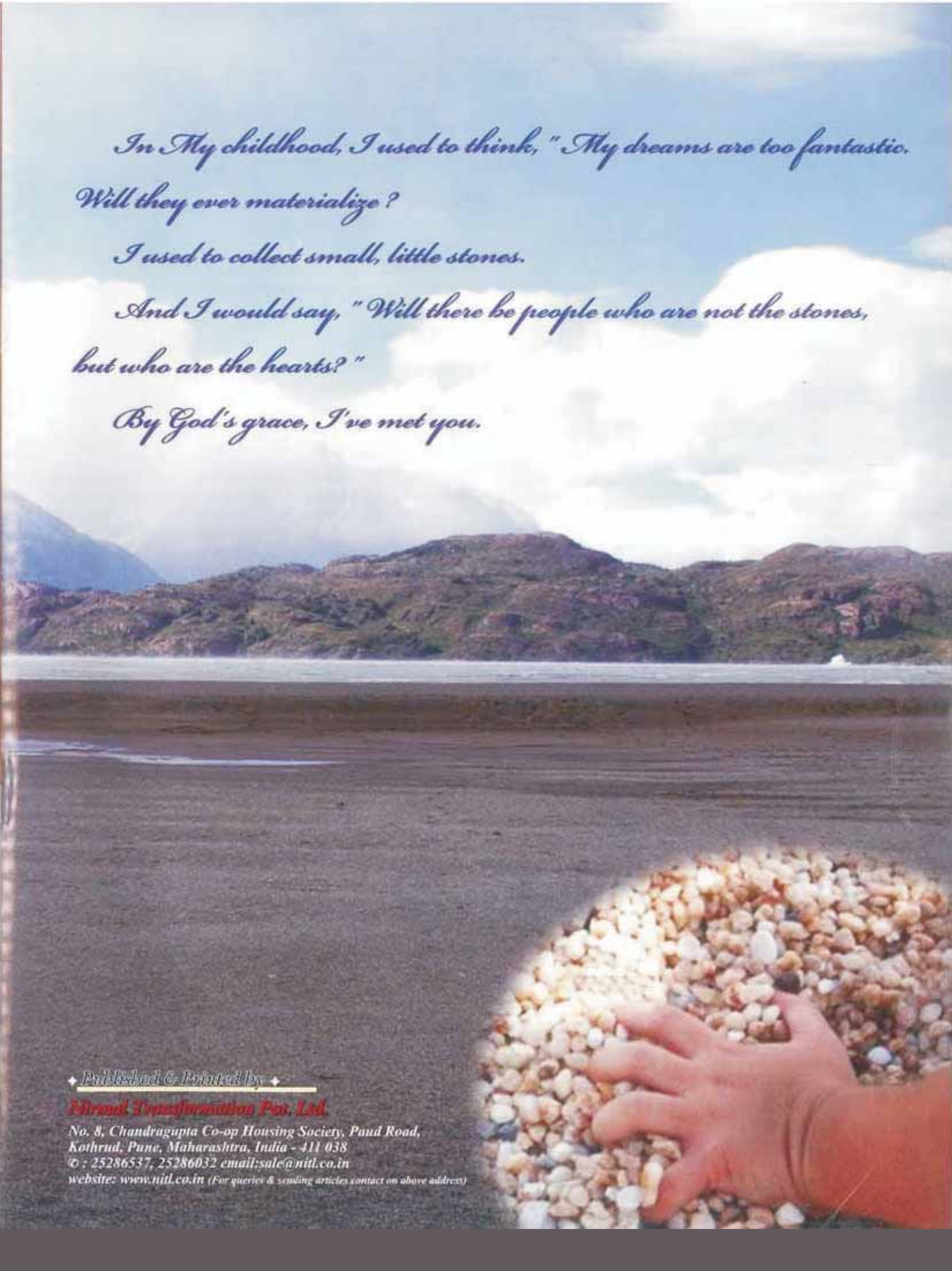
God

Now in your freedom you must understand what is glorious for you... then you tell yourself that I have to become something more... and the only thing I have to do is to completely coordinate, cooperate and surrender to His will... so that I become. In that surrendering you do the greatest thing, because by that you do not interfere with His work....you do not obstruct the Will of God. He wants to give you the highest... which you cannot achieve for yourself... it is His gift to you (800517.1)

We should not determine ourselves, what we should do-the Spirit uses us, and if something does not work out, then we should not be upset about it. Everything is arranged and planned - if you are to do something, it will work out (960505); When something that you want doesn't work out, then you should accept it as the Will of God-that it is what He desires, that it is the Desire of God; Now you are one with His Desires. You are here to communicate the desires of God, to the whole world. At this stage, if you start having your own desires and ideas about yourself, then when will you become the Desire of God (730330)

Jai Shri Mataji!

Will of



*In My childhood, I used to think, " My dreams are too fantastic.
Will they ever materialize ?*

I used to collect small, little stones.

*And I would say, " Will there be people who are not the stones,
but who are the hearts? "*

By God's grace, I've met you.

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*You can spend all your life under a tree (in India)
The nature has been so kind and that is the reason
people took to meditation and found out
all these deeper things within.*