



like a cool breeze

DIWALI PUJA • 29 OCTOBER 1995 • NARGOL INDIA • TRANSLATED FROM HINDI

I used to think, “Why are men doing such a drama and what has happened to them? Why are they doing all this nonsense?” But to whom was I to say all these things? I was all alone then.

At the time when I arrived here, the only confusion was what must be done. After coming here, when I saw this rakshasa was mesmerizing people, I realized then if at that time somehow the Sahasrara was not opened, then God knows where these people would ultimately be lead. Moreover, the spell of his influence could not be ignored and also what would have been the fate of his disciples, those who were trying to seek God and the truth?

Then I decided to stay the night at the seashore. I was all alone and felt very good. There was no one around to say a word. And then in meditation, I felt that the time had arrived when the Sahasrara must be opened. The moment I desired for the opening of the Sahasrara, what I noticed was that the Kundalini rose like a telescope within Me, opening one stage after the other, travelling upward – *khat, khat, khat*. The colour of it was like the mixture of all the colours of these lamps put together, with which you have decorated. It was like the colour of molten red-hot iron.

Then I saw the external structure of the Kundalini that kept on rising up, creating sounds at each chakra. The Kundalini rose up to pierce the Brahma-randhra. Piercing Mine was not a big deal, but then I thought it would now become easier in the world.

I felt at that moment whatever energy was there above suddenly entered within Me like a cool breeze from every direction. It was then I realized that now there was no harm in starting the work.

SHRI MATAJI TALKS ABOUT HER EARLY LIFE • 8 JULY 1986 • VIENNA

The last chakra was opened. I saw the Kundalini, which is the primordial force within us, which is the Holy Ghost within us, rising like a telescope opening out. I saw the whole thing open and a big torrential rain of breeze started flowing through My head all over. I felt, “I am lost now. I am no more there. It is only the grace that is there.” I saw it completely happening to Me....

In 1970 this happened, on the fifth of May.

40
*Through the words
of Shri Mataji Nirmala Devi,
we celebrate these forty years
of Sahaja Yoga. From the opening
of the Sahasrara in 1970 to the
moment that is now in 2010,
each year has been a stepping stone
in our collective story. Each of us is
a thread in the fabric that is Sahaja
Yoga, all these years in the making.
Of Sahaja Yoga, She is the author.
Of our ascent, She is the artist.*

I came for this purpose

DIWALI PUJA • 29 OCTOBER 1995 • NARGOL • TRANSLATED FROM HINDI

The confusion was all over. Yet not being completely certain about the decision, I thought with all calmness that at last the time had come now. “At most what will happen? People will protest or beat Me up. At maximum, they will laugh or make fun or, beyond that, they are going to kill Me.” But then there was nothing to fear. This ultimately had to be done. I had come on Earth for this purpose only, to awaken the collective consciousness in human beings. I thought, until people received their Self Realization or understood their own Self, this task would be impossible.

Whatever else one would have tried to do in this world would be of no use at all. That was the reason to begin with that I worked it out on an old lady who knew Me well. When she received her Realization, then I was then satisfied. I said to Myself, “Well, at least one has received her Realization.” By any means was it an easy task to give Realization in this Kali Yuga? But then when one of them received Realization, I felt many others could also get their Realization. And especially at the level of collective consciousness, it would be easier to give awareness. It was easy to give Realization to one person. It was in fact very easy to make a person aware. But to work it out on a collective level on the masses, it demanded more work.

So I had to work a bit more with My acquired experiences with the humans. As a matter of fact, I felt that when I had to stop, what would be the factors that would be required to consider for taking out the bad habits or individual problems or conditionings from human beings. Because one individual had one type of problem, another had a second type, while the third had yet another type. I thought if it had to be worked out on a collective level, then everyone should get the benefit with a single en-masse Realization. Everyone should be able to gain out of it. Now I cannot explain it to you here, but it is true that these types of workings had never been done before on a collective level.

I had achieved all these through meditation.



1971

7 JANUARY 1990 • GANAPATIPULE

Twelve Sahaja Yogis
Talk in Dhulia India
Guru Purnima in Bombay

1972

Shri Mataji travels from India to USA via Malaysia, Singapore, Hong Kong, Taiwan

GURU PURNIMA • BOMBAY • 1 JUNE 1972 • TRANSLATED FROM HINDI

For the first four years I did not even allow them to have any puja whatsoever. Even when they said, “You are our guru, so You should allow us to have Guru Puja,” I said, “Nothing doing. I will not.” Then first, after four years, on the Navaratri day, they wanted to have one puja. I said, “All right, you can have it, but very few people.” And then they found that that puja gave them so much of vibrations, so much of elated spirituality and it touched so many dimensions suddenly that then they started requesting Me, “Mother, You must give us a puja.” Even in India, where we have this system of puja, people have no idea how to do it. It was very embarrassing, but I had to tell them each and every thing.... The complete attention, dedication and the complete importance that you give to anything that you do is very important. If you do not give it the highest priority, it does not work. If it is just “by the way,” it doesn’t work. So it is important to understand that if you have to gain anything in this puja, you have to give it the highest priority.

I had to become guru in this life, as this was not done in any other lives. For the first time, the work of a guru had to be done. Perhaps it is also a mother who had to become the guru. This is supposed to be the Kali Yuga and probably for that very reason especially, all the shaktis of the Divine put together had to flow from the Mother’s heart..... It is all in our destiny and that is why in this life the position of guru had to be accepted. If a mother has to become a guru, it becomes rather a very difficult situation, as a mother is supposed to be of a very soft nature. A guru may hit or strike or at times can also be very harsh. But to a mother, even if she has to speak harshly, it hurts in her heart and is very painful for her. And when she finds how her children have struggled to rise after attaining all *sadhana* [penances and spiritual seeking], she is worried how to nourish them with all love and care in order to salvage them....

Ramdas Swami, once speaking on the qualities of a guru, said that one should accept a guru who indeed is as precious as a *paras* in his qualities [like Midas who changes stone into gold]. His Midas touch does not turn others into gold but transforms them into another Midas like himself. And that is why it is like the form of a mother. A mother is within her children. She feels proud in the pride of her children. Perhaps that is why God Almighty had the desire for you to get this love and knowledge through a mother.... Try to give to others. Try to make them understand.... They are all My children.

DIWALI PUJA • 29 OCTOBER 1995 • NARGOL INDIA • TRANSLATED FROM HINDI

When the Kundalini was awakened in that lady, I felt that some kind of a subtle power entered within her and she started recognizing Me with the help of that subtle power. Then twelve more got their Realization.... I worked on each and every chakra of these first twelve people, as the foundation had to be strengthened in them. The foundation can become strong only when materials are piled on it. But to make it strong, one has to also put in a lot of labour....

By working on them, I then realized one thing that was needed at that time to make these twelve people understand. Each of them had an entirely different mentality. To integrate them as one with the help of the light of their spirits was like the needle threading the flowers into a single garland.

click like a spark 1973

SHRI KRISHNA PUJA • 28 AUGUST • BOMBAY



First western Sahaja Yogis meet Shri Mataji in London

First Sahaja Yoga public program: Dhulia India

The talk *Seven Chakras and Their Deities*

Talks in Delhi, Pune and Bordi

Shri Krishna Puja in Bombay

Public programs in Bombay

Public program in Nagpur

Shri Mataji moves to UK

Seminar in Bombay

Oh, we tried and tried and tried in different lives. Nothing worked. And now it is going to click like a spark. The chain reaction will start. But we have to have strong machines to carry that, otherwise the fuse will be off. Only the strength that is in you is to be felt by your attention. That is the only thing you have to do. It is to feel your attention and give up all that is falsehood.... Accept only the truth and the truth will give you that power to be the real instrument, to carry this channel, that force of love....

Every moment you are in meditation, just think of the moment and the dynamism of that moment, the complete power that is feeding every moment just to go inside you. It will flow through your Sahasrara inside your being and completely revolve around your whole being and transform the inside into a complete Chaitanya Shakti, a complete Divine Power. Allow it to come in. Accept it. Accept it without any fear. Let it get in. Every moment keep awake. It is a very precarious time that we are up to. I have only two hands. You can see that very clearly....

I can do everything, but not to make you do something. Your will will be respected throughout. Every other thing can be looked after except for one, that you should be a perfect machine, a perfect channel, a perfect flute for My Lord to play that tune of love. It is for you to clear out all your seven holes. It is for you to clear out your hollowness and to be complete within yourself and He knows His job. He is the artist. But you are the instruments. And the harmonious music from so many souls can fill the ears of these evil people and can penetrate into their heart and put love into them and it may be that they themselves will give up their evil ways and fall at the feet of love.

1974 something important started working

SHRIMATAJI TALKS ABOUT HER EARLY LIFE • 8 JULY 1986 • VIENNA



Public programs in Bombay

Vibrations that are Love

My husband got elected to his post [in 1974] ... so when I came to London we had one program in Bharatiya Vidya Bhavan. They arranged it. The Indians abroad are not so much interested in God. They are more interested in money, so none of the Indians stayed there. They all ran away and it was only the foreigners who were there. There were about seven hippies. So I had to work on them, seven hippies. For four years I was working on them to give them Realization. In between I used to go to India and in India also the work was done for three months. Always I would be in India.

So we started working in the villages, especially surprisingly where My forefathers were ruling in that area. The work started moving in a very big way. And then we started taking some people to India. Some people came from Australia to India like that and the work started moving in those directions.

Then gradually the work improved and people found that this is the way we can transform ourselves. Many people who were taking drugs or alcoholic or mad people or cancer people, they felt better. Then they got cured and it was established that Sahaja Yoga is something very important.... That is how we started our work....

It was a difficult task in the West. Of course, in India it spread very fast in the villages, but city people in India also are westernized and they start analyzing. They don't know much about our past. They do not know anything about our heritage, that we have our Kundalini and all that. But some people do know about Self Realization. But these gurus could not stick on in India because nobody would accept them. So they all ran away abroad. And that was something of a blessing for Me also because I did not have to fight and it started working out. And then people found that it helps in every way and they found so many miracles about it. And that is how Sahaja Yoga got settled....

The way this industrial revolution has come in the West, people have lost their moorings. Perhaps they are so confused. With all these gurus coming down here confusing them and all kinds of new things coming, they don't know where to look. But unless and until you get your evolution completed, unless and until you reach that absolute state of understanding, the chaos will remain.

joy in the heart one in love 1975

2 SEPTEMBER • INDIA

You must pray to God and ask what you want. Ask for “complete satisfaction in my heart, joy in my heart, bliss in my heart, so that the whole world becomes blissful. Give me love, love that I could love the whole world and that the whole world becomes one in love. Give salvation to this humanity, which is suffering. Take me to Your Feet. Cleanse me with Thy love.”

Now see if there is God or not? You can feel within yourself. He hears you. He understands you. He is the glory of all the glory. He loves you. He protects you. He guides you. He created you to reveal His love, but accept it.

LETTER TO BOMBAY SAHAJA YOGIS TRANSLATED FROM MARATHI

This is the miracle of Sahaja Yoga working through you, My beautiful, dearest children. You are not like other people who have gone away from the field of battle (*Kurukshtra*). Some are not even yet born to take the load of the future building of Sahaja Yoga. Your task is tremendous and worthy of great glory. All such adventures are to be treated like sports. Your mettle will be judged and your power of love will be tested. Do not get entangled in the webs of maya.

LETTER TRANSLATED FROM MARATHI

The unreal starts soon after birth in this world. Your name, village, country, horoscope, forecasts, many such things get attached to you or others attach them to you. Once the Brahmarandhra is closed, many types of illusory ideas become a part of your mind.... The atma is never disturbed or destroyed. Only human attention, in pursuit of desires, leaves its inner path. This is maya. 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 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.... I have come as your Mother.... 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.



Public programs in Dadar India

Public programs in Bombay

The Necessity of Meditation

Dharma and Adharma

On Prayer

1976 a state of infinity *creates a melody*

GUDI PADWA • BEING IN THOUGHTLESS AWARENESS • 30 MARCH • DELHI



We have prayers and we have also puja.

Prayers ... if said in your heart with the feeling of complete surrendering and asking for the eternal, it will be granted. Just ask for that and the rest will take care of itself step-by-step....

If you get frustrated and unhappy with yourself, then there is going to be a problem. You have to laugh at yourself and laugh at your mechanism that is out of gear. When you start identifying yourself, even with the instrument, then you are not there. You are not the chakra. You are not the different channels. You are the awareness. You are the power. You are the Kundalini....

The other method we employ is of puja. I have found that puja works very well with human beings because it satisfies lots of demands of past habits, that you feel that you are doing something about it. Then you start giving whatever you think God has given you, the blessings.... When you praise someone from the heart that means you are accepting it. And that is the time when the chakras start creating a force by which you are thrown, you are triggered, into that realm of God.

So these puja methods and prayer methods and the mantra methods have been devised and found out by great thinkers of Sahaja Yoga, the great masters of Sahaja Yoga, and it is the effort – or you can say the effortless effort – of the Sahaja Yogis that makes My body vibrate. It extracts the essence from My body. It makes the infinite release itself through this finite being and it works. It clicks.

Puja is the time something is oozing out – the nectar – and you just receive it at that time with full devotion. It is oozing out. If you feel My vibrations of My chakras at that time, you will realize that even the minute, small, little wheels in My body are moving in a different space, at a different speed, in a different dimension. And I really don't know how to explain, but you see it creates a melody. You have to receive it and it is a melody individually – suitable for every individual. And when you receive it, it triggers in you that state of infinity. So at the time of puja, you must know that all your attention should be in reception.

Seminar in Bombay
Gudi Padwa in Delhi
Description of the Kundalini
Patience and Other Advice

1977 *the middle path* last point of ignition

BIRTHDAY CELEBRATION • 21 MARCH • BOMBAY

Think of love all the time. Love is all knowledge. Knowledge is all love. There is nothing beyond.

If you have knowledge, it has to pass the test of love. If you know a person, it makes no record on you because you know him from outside. But if you love a person, then you know the person out and out. You know him so well, you know him – everything, the way it is.... That is the knowledge we have to seek.... Come to the stage of understanding the Divine within you, the love of God that is within you, which is trying to overflow from you and enjoy the sense of emitting and giving. Giving has the greatest joy and pleasure....

Get this eternal truth within yourself. Let your being be that subjective instrument, to understand what is what. Do not be driven away by a few readings here and a few readings there. Do not be driven away by the small-hearted ideas and the egoistical tomfoolery that is going on. It is to make fun of everyone.

Oh Man, please awaken yourself to this great occasion of understanding. This dynamic force is dying to bubble out of you. We have to change this world and transform it into a beautiful creation because the Creator will not allow His creation to be destroyed. If you do not accept the truth, you will be destroyed....

As a Mother, I ask you to accept the divine truth, the divine love and to be one. I wish all of you – all the Sahaja Yogis and all the people who are seeking the greatest of greatest, highest of highest achievement in the awareness of God and with love – that is what it is....

You are simple people, ordinary people and that is why you are the best people, because you do not suffer from any extremes. You have a very simple heart. You are leading a very religious life and a sanctified married life. This place is for the people who are in the middle path of Lord Buddha. Sahaja Yoga is the integration of all the truths of life....

I am not doing it. It is just happening. I have come on this Earth just for this ignition. This is the last point of ignition. This has to happen and this will happen.



Birthday Puja in Delhi

Mahashivaratri Puja in Delhi

Guru and Navaratri Pujas in London

First public program in the West

Attention Collectivity Responsibility

Beyond Human Consciousness

Shri Krishna's Sahaja Yoga

Love and Dharma

Sat Chit Ananda

Creation

1978 high aspirations. *larger perspectives*



LETTER TRANSLATED FROM MARATHI • 17 AUGUST

Many, many blessings to all. I have received the beautiful rakhis lovingly sent by you. A rakhi denotes a protective power. This protective bandhan is very powerful and, at the same time, delicate as it represents pure love between a brother and a sister. Whenever a sister ties this rakhi on a brother's hand, it establishes a relation of enduring protection by the brother for the sister.

Unfortunately, the sensitivity of human beings to the feelings of love has become so weak that tying a rakhi has become a mechanical ritual. In the absence of a deep, living faith, all human actions and rituals become dry and lifeless. We are born in this life with a purposeful responsibility towards all Sahaja Yogis and are all the time aware of their love and devotion. Myself, being desireless, I depend entirely on their desires.

It is customary for a brother to ask for something from the sister on this day. All Sahaja Yogis should therefore collectively let Me know whatever they desire from My side. I am keeping very good health, as this is the pure desire of all of you....

Raksha Bandhan is a very important day and one should desire on this occasion to become a whole. You should always have high aspirations and your attention should be to larger perspectives. Sahaja Yogis are not expected to waste their attention in petty, small things. We have to work very hard. Those of you who have achieved good progress should still work out much more. We should open more centres. We must help the sick to cure their ailments and, above all, strive to bring people on the path of truth.

Easter Puja in London

Sahasrara and Guru Pujas in London

Navaratri and Christmas Pujas in London

Public program in London and Birmingham

Public program in Northampton UK

Public programs in Delhi

First seminar in the West

The Brahma Principle

The Bija Mantras

The Three Gunas

Becoming Subtle

Satya Yuga

Dharma

1979 to give meaning I declare I am the one



GURU PUJA • 2 DECEMBER • DOLLIS HILL ASHRAM LONDON

I never said about Myself because it was felt that human beings have now achieved another dimension of ego even worse than at the time of Christ. If you blame anything, you can call it the Industrial Revolution because you were away from nature....

Today is the day I declare that I am the one who has to save the humanity. I declare I am the one who is Adi Shakti, who is the Mother of all the Mothers, who is the Primordial Mother, the Shakti, the desire of God, who has incarnated on this Earth to give its meaning to itself, to this creation, to human beings. And I am sure, through My love and patience and My powers, I am going to achieve it.

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

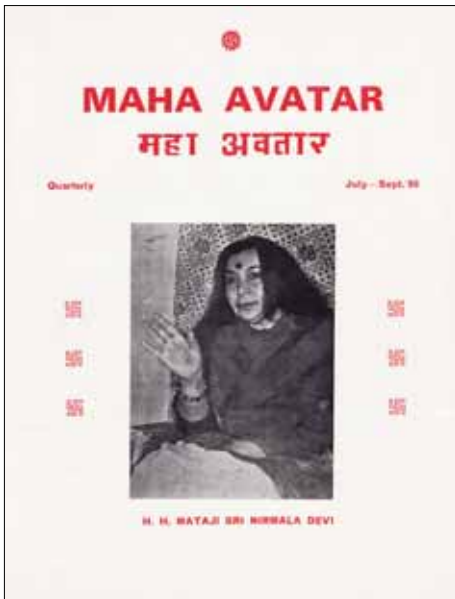
These words are to be kept within the bounds of Sahaja Yogis only, for the time being.

And today is the day of Guru Puja, not My Puja, but your puja as gurus. I anoint all of you as gurus and today I will tell you what I have bestowed upon you and what great powers you already have within you.

Easter and Diwali Pujas in London
Guru Pujas in London and Delhi
Shri Ganesha Puja in Bombay
Sankranti Puja in Bombay
Sahasrara Puja in London
Birthday Puja in Bombay
Puja in Bordi India
Shri Mataji's Advent declaration
Marriages in Bombay and London
Seminars in Rahuri, London and Bombay
Public programs at Delhi University
Chakra series of programs in Delhi
Anant Jeevan magazine published
The Meaning of Love
The Meaning of Yoga
The Advent is published



1980 understand sahaja yoga *a great privilege*



27 JANUARY • BORDI INDIA

Try to preserve all your powers. Respect yourself. You are a lamp that is burning a light, which enlightens others in their mind. It is a very great thing. Even one person like that was born among millions and billions of people and now here we have so many of you. But quality-wise if you do not rise, it is going to be a hopeless case.

So you must improve your quality. All of you must improve your quality individually. Not criticizing others, not looking at others, but individually you should understand your capacities and how much you have given to others and how much you have really manifested out of what you have got.

You have control over the sun, over the moon, over the tides and over the sea and all those things you have. But for that, you have to do a little more, which I will tell you some other time. Now I don't want you to control all these things and sit down on top of a hillock and start showing off. Better thing is you work it out first on human beings.

First issue *Maha Avatar* published
Shri Mataji in India, France, Spain
Switzerland and the United Kingdom

Sankranti Puja in Pune

Pujas in Paris and Brighton

Eight major pujas in London

Pujas in Bombay and Lausanne

Marriages in London and Bordi

Inauguration of *The Advent*

Programs in Paris, Pune and Bombay

Programs Rahuri, Nice and Lausanne

Programs in Bern, Zurich and Geneva

Programs in Edinburgh and Glasgow

Chelsham Road ashram established

Old Alresford seminar in England

The Meaning of Sahaja Yoga

The Meaning of Reality

The Meaning of Puja

SAHASRARA PUJA • 5 MAY • LONDON

I am telling you these things because you are deserving. And in that condition, you must understand that this is a great privilege that I am telling you all these things. You should feel enamoured that I am telling you that sincerity is the key of your success. It is a privilege. I am giving you the key....

Take it as a privilege. It is a V.I.P. treatment for you. You are all V.I.P.s. I cannot talk like this to the multitudes, but I can tell you this because I want to give you the complete keys. If you can look at yourself as to how privileged you are and understand it – understanding what all Sahaj Yoga is – then you will understand that what a privilege it is for you to be here – what fortune, what reward for what you have done. How many lives have been completely rewarded by being here? This will help you to do puja in a more sincere manner....

This is for your own nourishment, for your own growth, for your own enjoyment.

1981 *the Holy Spirit* I am the one



PUBLIC PROGRAM • 30 SEPTEMBER • NEW YORK

The greatest thing that is needed for Sahaja Yoga is wisdom. And logically you will reach a conclusion and understand that Sahaja Yoga is the end of all the problems of the world. For example, take capitalism and communism. Now, I am a capitalist because I have all the powers and I am a communist because I cannot enjoy it without giving it to you. But it is spontaneous....

You get completely integrated. Whatever you do, your heart supports it, your mind supports it and your body supports it. You are completely integrated in one being. That is your spirit....

Normally I don't tell about Myself, but today he exposed Me. As soon as I came I had to tell – because it is not tactful, it is not tactful to say anything. It is better that you discover Me than I tell you because Christ was crucified, everybody was tortured. I do not want to hamper My work because it makes no difference by telling you anything before Realization. It is better to tell you after Realization that I am the Holy Ghost – no doubt. I am the one about which Christ has talked. I have told them. I had never said this from a platform and I told. They have been telling Me, “Mother, You must say that once.” I said, “In America I'll declare it.” So today I declare that I am the Holy Ghost. I am the Holy Spirit, who has incarnated on this Earth for your Realization.

May God bless you. Now, any questions?

Shri Mataji in Australia, Canada
France, India, Italy, Japan, Malaysia
Switzerland, UK and the United States

Sankranti Puja in Pune

Mahashivaratri Puja in Bombay

Sahasrara and Guru Pujas in London

Diwali and Christmas Pujas in London

Shri Krishna Puja in United Kingdom

Navaratri Puja in New York

Mahalakshmi Puja in Rome

Four pujas in Australia

Ten public programs in Sydney

Nineteen public programs in Delhi

Twenty-two programs in North America

Marriages in Sydney, London and Rahuri

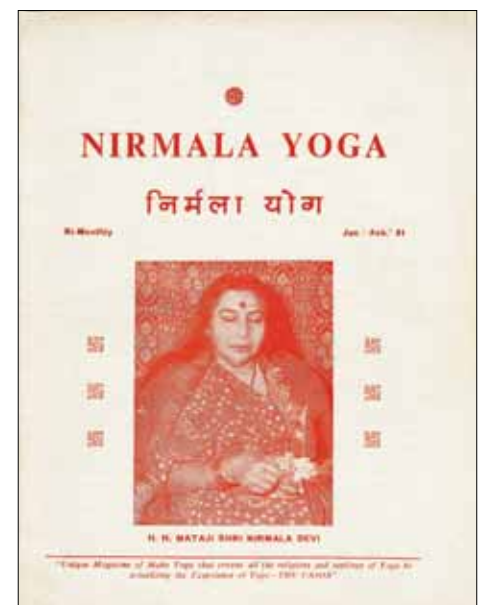
Shri Mataji moves to Brompton Square

Seminars in Paris and Dorset UK

Programs throughout United Kingdom

Shri Mataji announces Satya Yuga

First issue of *Nirmala Yoga*



you are the spirit dedication | 1982



COWLEY MANOR SEMINAR • DEDICATION THROUGH MEDITATION • 31 JULY • UNITED KINGDOM

You have to recognize Me. And that recognition is fixed. That condition is fixed. I cannot change it.... You have to dedicate yourself completely to Me – not to Sahaja Yoga – but to Me. Sahaja Yoga is just one of My aspects. Leaving everything, you have to dedicate. Complete dedication, otherwise you cannot ascend any further....

You will create your own visions and complete them, fulfill them. You look so simple, as ordinary people, but you are not. In dedication, in complete devotion, you have to do it now, not for your own gain, for your own achievement. That is over now. It is for completely getting out of the mire and standing on the land, singing aloud the praise of your Father....

You are the ones who are capable of manifesting God's joy on this Earth. You are the flutes which are going to play the melody of God.... You become the ocean, you become the moon, you become the sun, you become the earth, you become the ether, the firmament and you become the spirit. You work for all of them. All the stars and universes you become and take up their work. That is what it is because you have jumped onto your principle, onto your tattwa. That is how you jump onto everybody's tattwa. But be dedicated on that tattwa because I am the principle of all these things. I am the tattwa – *tat-tvamasi*. I am the principle. Keep to your principle. I am the Kundalini. I am the essence.... With complete freedom and wisdom, you have to sail now, not afraid of any storms or any hails or any typhoons because from now on you know your job is to cross through.

Shri Mataji in Austria, Belgium, France
India, Italy, Spain, Switzerland, USA
United Kingdom and West Germany
Sankranti and Durga Pujas in Rauri
Easter and Shri Rama Pujas in London
Navaratri and Diwali Pujas in London
Birthday Pujas in London and Delhi
Mahashivaratri Puja in Delhi
Guru Puja in London
Shri Krishna Puja in London
Mahakali Puja in Lonavala India
Shri Ganesha Puja in Satara India
Sahasrara Puja in Le Raincy France
Shri Adi Shakti Puja in Cheltenham UK
Shri Ganesha Puja in Switzerland
Shri Durga Puja in Vienna
Christmas Puja in Pune
First puja in Belgium
Marriages in Delhi
Seminar in Lonavala India
Cowley Manor seminar in the UK
Nightingale Lane ashram established
Twenty public programs in India
Four public programs in Rome
Three public programs in France
Three public programs in Madrid
Programs throughout England
Sahaja Yoga in South Africa
Understand Your Own Importance
Understanding the Love of God
You are Bound by One Thread
All is so Beautifully Made

1983 *for love* greatness of heart



MOTHER EARTH MAHALAKSHMI PUJA • 21 AUGUST • SURBITON ASHRAM LONDON

This is what today's Sahaja Yoga is: now the Mother Earth is the one who is symbolized within you as the Muladhara, as symbolized as the Adi Shakti here who is sitting down before you to nourish you, to make you grow into new personalities, into mature personalities. This concept we must understand....

For the first time after Realization, you can give Her back what you have got from Her. You can give vibrations to Her trees that are created. You can make them beautiful. You can transform a flower into a more beautiful flower. Whatever you have got from the Mother Earth, you can give because your Mother Earth is awakened within you now.

So you return Her back everything that you got from Her and give it to others – generosity, the greatness of heart, nobility, forgiveness, love, affection, bearing everything for love. For the mother to save her child, she will starve herself. She will do everything to save her child. Complete dedication she has for her child. That is a real mother.... That is the real image of a mother. And you have an image before you.

So this is what one has to develop now. Whether you are men or women, as Sahaja Yogis you must develop a new consciousness of affection, love and compassion.

Shri Mataji in Australia, Austria, Canada
France, India, Italy, Spain, Switzerland
United Kingdom and the United States

Shri Ganesha Puja in Tivoli Italy

Shri Ganesha Pujas in Rahuri and Nasik

Shri Ganesha Pujas in Perth and Bombay

Shri Ganesha Puja in Vancouver

Sahasrara Puja in Bombay

Mahashivaratri Puja in Delhi

Shri Devi Pujas in Sydney and Paris

Shri Mahalakshmi Puja in Kolhapur

Birthday Pujas in Sydney and Bombay

Mother Earth & Diwali Pujas in London

Shri Buddha Puja in Brighton UK

Guru Puja in United Kingdom

Shri Krishna Puja in Santa Cruz

Shri Krishna Puja in Switzerland

Shri Krishna Puja in Los Angeles

Shri Krishna Puja in Vienna

Ekadesha Rudra Puja in New York

Guru and Shri Ganesha Pujas in Houston

Puja for beginners in Toronto

Navaratri Puja in Boston

Shri Bhoomi Devi Puja in Delhi

Shri Mahakali Puja in Lonavala India

Shri Ganesha Puja in Vancouver

Pujas in Houston and Melbourne

Havan for America in London

Raksha Bandhan in Switzerland

Twenty-one programs in North America

Fourteen public programs in Australia

More than twelve programs in Delhi

love that thinks beacon of Mother

1984

Shri Mataji in Austria, France, India
Italy, Switzerland, United Kingdom
the USA and West Germany

New Year and Holi Pujas in Delhi

Shri Adi Shakti Puja in Bombay

Sankranti Puja in Bombay

Shri Ganesha Puja in Bombay

Shri Ganesha Puja in Switzerland

Shri Devi Pujas in Rahuri and Bordi

Birthday Pujas in Delhi and Bombay

Shri Mahalakshmi Puja in Kolhapur

Shri Chandra Ma Puja in Vaitarna

Mahashivaratri Puja in Pandharpur

Sahasrara Puja in France

Guru Puja in Leysin Switzerland

Shri Krishna Puja in New Jersey USA

Shri Mary-Mahalakshmi Puja in Munich

Christmas and Easter Pujas in London

Navaratri Pujas in London and France

Ekadesha Rudra Puja in Como Italy

Raksha Bandhan in London

Seminars in Leysin and Bordi

Marriages in Delhi, Bordi & Switzerland

Twenty-one public programs in India

Public programs throughout the UK

Four public program series in London



NAVARATRI PUJA • 23 SEPTEMBER • LONDON

I play with you. I always try to say things that will please you. And it should please you much more that I have said how to reach your depths, reach that gravity that will make you the gurus.... The time has come for all of you to become gurus of the right type, not with egos or talking big and creating a big show out of you, but a definite depth within you that people see that here is a beacon of Mother.... I always work through you if you are one with Me. Even when I am speaking, you are speaking. And when you are speaking, I am speaking. You know that. But with all this, that awe is very important. That gives you the love that thinks, a complete integration of your heart and your brain. The love that thinks is thoughtful.

Then the third integration is the love that acts. But first this integration must be brought in – the love that thinks, which understands, which feels and then the love that acts. But the basic is the love. It starts from the heart....

Develop the depth in language, in speech, in feelings, in expressions, in the personality. It is only the awe that will make it, but awe which is not frightening, but awe that is joy-giving. This is the integration of it....

Open your hearts. It does not mean you should be frivolous. With all the care, have you seen a lotus opening, how beautifully it opens? Slowly every petal so careful not to hit another, slowly it opens out. And then the fragrance starts pouring in the most dignified manner. Such a flower only can be offered at the Lotus Feet of the Adi Shakti.

1985 *a greater cause* now forward on

A NEW ERA – SACRIFICE FREEDOM ASCENT • 6 FEBRUARY • BORDI INDIA

It is My life, My mission, My existence. My everything is for the purpose of the emancipation of humanity. Even the last drop of My blood is for that. So My satisfactions are very different. Please remember you are born of a very brave Mother. Please try to rise. Be proud that we are doing such a tremendous task. Have that feeling of great valour. Then only we can achieve results.

Shri Mataji in Australia, Austria, Belgium, France, India, Italy, Mexico Netherlands, Spain, Switzerland, the United Kingdom, USA and West Germany

Easter Puja in London	Trigunatmika Puja in Netherlands
Sankranti Puja in Bombay	Shri Vishnumaya Puja in London
Shri Devi Pujas in Pune and Sydney	Gruha Lakshmi Puja in London
Shri Devi Puja in Dharamshala	Mahalakshmi Puja in London
Shri Devi Puja in San Diego	Diwali Puja in Tivoli Italy
Mahashivaratri Puja in Delhi	Christmas Puja in Pune
Birthday Puja in Melbourne	Puja at Brahmapuri River India
Birthday Pujas in Bombay and Delhi	Eleven more pujas in India
Mother's Day Puja in Birmingham	Marriages in Bordi and Melbourne
Navaratri Puja in Switzerland	Ten talks at seminar in Bordi
Navaratri Puja in Delhi	National seminar in the UK
Sahasrara Puja in Austria	First seminar at Ganapatipule
Shri Ganesha Puja in Brighton	Four public programs in Munich
Shri Ganesha Pujas in Rome & London	Four public programs in New York
Shri Krishna Puja in the USA	Vishwa Nirmala Dharma established
Guru Puja in France	A New Era talk in Bordi India

You have seen so many wars. You have seen so many war pictures. You have seen how people have fought, how they have sacrificed themselves. Let us see what we are doing in this war.... Get out of the slavery of your body, of your conditionings and your nonsensical ego.

I am sure as a mother I am not so bad, but as a father I think I lack some things. Please try to come up so that I should feel that I did not lack in My fatherly attitude towards you – that awe, that understanding of a father's expectations.

This I am not saying to you because it is some present situation.... It is My announcement of this new dimension into which we have to rise. And as in the war, we have to declare, "Now forward on!" In the same way, this is a declaration in no way to degrade you, in no way to insult you or to say anything about any one of you, but to just infuse that inspiration which led thousands and thousands and millions and billions of people to sacrifice for a greater cause.... You are the ones who are going to fight. You are the ones who are responsible.

you are the spirit *become the existence*

1986

SHRI BHOOMI DEVI PUJA • 3 AUGUST • SHUDY CAMPS UNITED KINGDOM

For a Sahaja Yogi, it is important to understand that we are not going to take anything from here. It is all nothing but clay. And clay is going to remain here and is going to vanish for ever and ever. What are we going to carry with us? What are we going to have with us? All the time it is our evolution. It is now our spirit.

So we are the spirit. We are neither this, nor that, nor that. We are the spirit and we are absolutely not in any way contaminated by anything that is called matter.

So we should see to the essence of the Mother Earth, that the Mother Earth uses Her matter to give joy to others. In the same way, if we use Her to give joy to others, then you have followed Her path. On the contrary, if you try to exploit Her, it is like making holes or digging at Her, who is your Mother. If you try to separate Her into parts that means you are cutting Her body into different parts. All these human concepts are anti-Mother....

It is very important to understand that unless and until we respect Shri Ganesha within us – our innocence, our chastity – we cannot allow ourselves to be called Sahaja Yogis. That is the first beginning, the first step towards our ascent. We cannot talk of anything else unless and until this foundation is laid in the Mother Earth.

CHALLENGE THE PAST AND THE FUTURE • 7 JULY • VIENNA

You will have experiences in life, one by one, and you will be amazed how things work out. And then you will realize that you are not an ordinary Sahaja Yogi. Whatever you have committed wrong in the past or whatever you used to think of the future, the present becomes divine. And that divine present is the ocean of joy of which you are the part and particle. Just enjoy that. Then you do not think about who is the enjoyer and who is the creator. You just become the existence. Existence is the present.

That is how it works out, where you lose all words, all thoughts, all feelings, which are an emotional type. An absolutely silent confidence you drink like the nectar of life.

Shri Mataji in Australia, Austria

Belgium, France, India, Italy

Netherlands, Spain, Switzerland
the UK, USA and West Germany

Guru Puja in Gmunden Austria

Shivaratri Puja in Pune

Sahasrara Puja in Italy

Diwali Puja in Delhi

Christmas Puja in India

Shri Krishna Puja in USA

Navaratri Puja in Calcutta

Shri Ganesha Puja in USA

Shri Krishna Puja in Switzerland

Shri Devi Puja in Dourdan France

Shri Mahalakshmi Puja in Belgium

Shri Bhoomi Puja at Pratishthan site

Birthday Pujas in Bombay and Delhi

Shri Kartikeya Puja in West Germany

Fourteen more pujas in India

Marriages in Ganapatipule

Raksha Bandhan in London

Five public programs in Italy

Three public programs in Madrid

Shudy Camps established in the UK

More than twenty-five programs in India

1987 *the way of love* epitome of evolution



THE REVOLUTION OF LOVE PUBLIC PROGRAM • 26 OCTOBER • CINEMA CAPRANICA ROME

I am here to give you a message that you have got this energy within you. You are at the epitome of evolution. And it will hardly take a split of a second for you to get your Realization, to enter into the Kingdom of God. There is a beautiful instrument within you, which works it out. You are not to blame yourself for little, little things. You are not to feel guilty at all. You have to have all the confidence. It is very important to understand that you are the highest in the evolutionary process. It's only the human beings who are going to achieve Realization, not the mosquitoes or the chickens or the pigs.

So we must respect our personality as human beings and do not believe all these stories where it is all just a money-making proposition.... It is all being organized within you during the process of your evolution. It is your energy. Within yourself is your own Mother who is going to give you your Realization. In your heart resides the spirit and this spirit has its seat here on top of your head. And when the Kundalini touches that, you get on your central nervous system the sensation of the All-Pervading Power.... This is a very big revolution that is coming today.... That is the way of love.

Shri Mataji in Australia, Austria

Belgium, France, India, Italy

Netherlands, New Zealand, Spain

Switzerland, United Kingdom

USA, USSR and West Germany

Easter Puja in Rome

Guru Puja at Shudy Camps UK

Birthday and Shivaratri Pujas in India

Sahasrara Puja in Thredbo Australia

Shri Vishnumaya Puja in the USA

Shri Krishna Puja in France

Shri Rama Puja in Switzerland

Shri Mahalakshmi Puja in Belgium

Shri Mahakali Puja in Munich

Shri Ganesha Puja in Madrid

Navaratri Puja in Calcutta

Diwali Puja in Lecco Italy

Christmas Puja in Pune



The Wind, a Sahaja Yoga newsletter, is renamed by Shri Mataji. She calls it *The Divine Cool Breeze*.

1988 *face life* for yourself and others



WHAT CAN WE DO NOW • 30 DECEMBER • ALIBAG INDIA

Shri Mataji in Andorra, Austria
Belgium, Colombia, Finland, France
India, Italy, Netherlands, Spain
Switzerland, United Kingdom
the USA and West Germany

Guru Puja in Andorra

Navaratri Puja in Pune

Shri Krishna Puja near Milan

Easter Puja at Shudy Camps UK

Hamsa Swamini Puja in Germany

Sahasrara Pujas in Italy and Bogota

Shri Buddha Puja in San Diego USA

Shivaratri and Birthday Pujas in Bombay

Ekadesha Rudra Puja in Austria

Shri Fatima Puja in Switzerland

Shri Gauri-Ganesha Puja in Bombay

Shri Vishnumaya Puja at Shudy Camps

Diwali Pujas in Bombay & Shudy Camps

Christmas Puja in Ganapatipule

First puja in South America

Eleven more pujas in India

Puja in Barcelona Spain

Seminar in Ganapatipule

Four public programs in Spain

Navaratri series of talks in Pune

Marriages in Ganapatipule and Italy

The attention of Sahaj has gone beyond the realm of only few collective Sahaja Yogis. When you open your gates to this new dimension, then suddenly you start thinking about all the problematic things you have to face. So far you have been like Brahmins keeping away from non-Brahmins, in the sense keeping away from people who are not realized, keeping your society away from them, keeping your vibrations all right and trying not to expose yourself to these people who are, according to you, maybe half-baked or maybe they are not yet in Sahaja Yoga.

But I think now you are quite capable. Now we have reached a stage where nothing can harm you, nothing can catch you. Now you have to catch them.... Now you know how to face life.... Work it out for yourself and for others – with love.

So I, for a Mother to see all of Her children going away, I have said quite a lot. It is not easy to say much on such an occasion, but I have to gather up courage and time and decide that I have to tell them all about it – because now it is your responsibility to work it out. It is your responsibility.

In your own way, think about it. “What can we do for Sahaja Yoga?” In everything you can see Sahaj. You will get ideas. Pass them on. Write them down. Write your poetry. So many things can be done by all of you and there is no time to be wasted any more. It has to be a very fast job because this universe is standing on the brink of its destruction and we are the only people who have to save it.

So it is an emergency for us. In that emergency one has to know that the nature of Sahaj itself is working out everything. But if this does not work in the right time, then we will have to have another world – which is another problem.

enjoy

there is no problem

1989



ENJOYING THE DISADVANTAGE • 5 MAY • BOAT TO CAPRI ITALY

In Sahaja Yoga you must always think, if there is a disadvantage, it is an advantage for us. You should see to the essence of the disadvantage and you will overcome it with an advantage....

So in every way, if we can learn how to enjoy the disadvantage, the so-called problem, then you will see that the solving of that is the solution in a way, that there is no problem. It should not be taken as a challenge, but like a big wave which comes onto a swimmer, how he enjoys to jump over it. That is why we are not joy-killers and we are not also spoilsports – spoilsports spoiling the sport.

So you should not say, “I don’t like it, I don’t enjoy it,” but you should say, “Why not?” Because if you decide not to like it, you will spoil the joy. But if you keep yourself open all the time and think, “Oh, I’m going to enjoy it,” then you start enjoying. For example, cappuccino was difficult for Me in the beginning. But now I enjoy.

Shri Mataji in Austria, Brazil, Canada
Colombia, Finland, France, Greece
India, Italy, Nepal, Spain, Switzerland
Turkey, United Kingdom, USA
USSR, Ukraine and West Germany

Guru Puja in Lago Di Braia Italy

Diwali Puja in Montecatini Italy

Sahasrara Puja in Sorrento Italy

Easter Puja in Calcutta

Christmas Puja in Pune

Virata Puja in the USA

Devi Puja in Istanbul

Shivaratri Puja in Delhi

Shri Hanumana Puja in Margate UK

Shri Buddha Puja in Barcelona

Shri Krishna Puja in the UK

Shri Bhairavanath Puja in Milan

Shri Pallas Athena Puja in Athens

Shri Ganesha Puja in Switzerland

Navaratri Puja in United Kingdom

Birthday Pujas in Delhi and Bombay

Pujas in Bogota and Rio de Janeiro

Pujas in San Diego and Vancouver

Pujas in Helsinki and Kathmandu

Pujas in France and West Germany

Nine more pujas in India

Six public programs in Italy

Twenty-five public programs in India

Eight programs in North America

Ten public programs in the USSR

Program at the United Nations

Sahaja Yoga Mantra Book published

complete involvement **a commitment**

Shri Mataji in Argentina, Australia, Austria, Bulgaria, Canada, Czechoslovakia, France, Germany, Greece, Hong Kong
Hungary, India, Italy, Malaysia, New Zealand, Poland, Romania, Singapore, Spain, Switzerland, Taiwan, Thailand
Turkey, Ukraine, the United Kingdom, the United States of America and the Union of Soviet Socialist Republics

1990

Mahavira Puja in Barcelona

Mahashivaratri Puja in Pune

Sahasrara Puja in Fiuggi Italy

Diwali Puja in Chioggia Italy

Sankranti Puja in Kalwe India

Shri Buddha Puja in Leningrad

Easter Puja in United Kingdom

Shri Adi Shakti Puja in Calcutta

Shri Adi Kundalini Puja in Austria

Birthday Pujas in Sydney and Bombay

Mahalakshmi Puja in Hydra Greece

Shri Krishna Pujas in UK and India

Pujas in San Diego and Vancouver

Guru Puja in Avignon France

Shri Ganesha Puja in Austria

Christmas Puja in Ganapatipule

Shri Hanumana Puja in Germany

Navaratri Puja in Arzia Switzerland

Shri Mahakali Puja in Le Raincy France

More than nineteen other pujas in India

Seminars and marriages Ganapatipule

Raksha Bandhan in Los Angeles

Eighteen public programs in India

Sixteen programs in eastern Europe

Seven public programs in the USA



SAHASRARA PUJA • 6 MAY • FIUGGI ITALY

All these years, I have been waiting for this day. We have now the twenty-first Sahasrara Day, so is a very important turning point.

As you know, every twenty-first day we change our calendars as far as the horoscope is concerned. And so now a new change has to come and you can see the announcement – a new understanding, an awareness of a very new dimension.

We have been so far dealing with collective consciousness. We are collectively conscious. We have the idea that we are collectively conscious. Also we know we are a part and parcel of the whole and that we all are Sahaja Yogis. We know about our chakras and our nadis very clearly. But perhaps we do not know about our powers. How many powers have developed in those twenty-one years within yourself...?

Sahaja Yoga is a commitment. It is a commitment and a complete involvement, otherwise you are really useless for Sahaja Yoga – absolutely useless. It is better to have few people who are committed than to have thousands who are just useless. So let us see what you have decided for yourself and what you have decided for Sahaja Yoga. If you have decided to opt for Sahaja Yoga, then just know that this is the main thing which you have to do. The whole attention should be on that.

1991 *not your brain* enlarge your heart



GURU PUJA • 28 JULY • CABELLA LIGURE ITALY

When our knowledge is in the brain, it is just like a film. It is away from us. It is not in our heart. But when it is in the heart, it acts, it works. It does not work through brain. In the brain it just stays, but in the heart it works. And in the heart resides the spirit.

It is very simple that we are people who are more living with our brains, not with our heart. But know that if in reality you see King Kong is standing before you, you are not seeing a film – it is in reality. And in reality, the heart has to work, not the brain, because reality is only through the heart, not through the brain.

Once you understand this, then you will open your heart, enlarge it. “Now this is in my heart.” So the whole thing will be so clear-cut. In your head you will know everything clearly, what is to be done, how to react, how to work it out.

If you put all this knowledge of Sahaja Yoga into your heart, first of all you will have to enlarge your heart, otherwise you cannot put this ocean. Then you will see this is Sahaja Yoga.

To Me everything seems to be Sahaja Yoga.... I can see clearly. Anything that I see, I connect it to Sahaja Yoga immediately. “This is Sahaja Yoga. Why is this so? This is because of Sahaj Yoga. This is Sahaj Yoga.”

So everywhere you start seeing Sahaja Yoga, when your heart knows what your brain knows. I have known people who know all the mantras very well, everything very well and all that, but in the heart –

So put it in the heart. In Sahaja Yoga the guru is not through his brain, but through his heart.

Shri Mataji in Austria, Australia
Belgium, Czechoslovakia, Germany
Hungary, India, Italy, Netherlands
New Zealand, Singapore, Taiwan
UK, United States and the USSR
Shivaratri Pujas in Delhi and Italy
Holi celebration and puja in Delhi
Birthday Pujas in Delhi and Bombay
Shri Mahavira Pujas in Perth & Bombay
Easter Puja in Sydney Australia
Sahasrara Puja in Ischia Italy
Christmas Puja in Ganapatipule
Pujas in Auckland and Canberra
Pujas in Melbourne and Brisbane
Kundalini Puja in Weilburg Germany
Shri Hamsa Swamini Puja in New York
Guru and Shri Krishna Pujas in Cabella
Shri Ganesha Pujas in Cabella & Prague
Navaratri and Diwali Pujas in Cabella
Shri Buddha Puja in Deinze Belgium
Eleven more pujas in India
Marriages in Ganapatipule
Seventeen public programs in India
Programs at the UN and in Honolulu

1992 *it will manifest* gravity is within

GURU PUJA • 19 JULY • CABELLA LIGURE

Easter Puja in Italy	The word “guru” means gravity , that the Mother Earth has gravity. In the
Birthday Puja in Delhi	same way, a person who is a guru has to have the gravity. But how do you
Sahasrara Puja in Cabella	develop this gravity? Some people just artificially become very grave and some-
Shri Krishna Puja in Cabella	times show that they are very serious or something like that.
Adi Kundalini Puja in Cabella	Gravity is within yourself. In the second state of gurupada your gravity
Mahasaraswati Puja in Auckland	must manifest. As you become the witness, your gravity starts expressing itself.
Shri Vishnumaya Puja in Belgium	It will not show as temper or seriousness or anything like that. But it will
Guru and Navaratri Pujas in Cabella	manifest in a way that the whole thing will become extremely dignified and
Mahalaskshmi Puja in St. Petersburg	majestic. It will just manifest by itself.
Shivaratri Puja in Glenrock Australia	So the state in which you rise now becomes effective. Before this it was not.
Shri Ganesha Pujas in Cabella and Perth	You had to all the time manipulate, say this, say that. But in your silence you
Shri Adi Shakti Puja in Togliatti Russia	can manifest your gravity and this gravity acts like a magnet....
Shri Buddha Puja in Shudy Camps	So with our gravity, what we do is to touch that depth within us, which can
Diwali Puja in Timisoara Romania	carry the divine power and manifest....
Christmas Puja in Ganapatipule	Your faith in God has to be absolutely untarnishable. Nothing can disturb
Mahalakshmi Puja in Barcelona	that. That is very important. You have seen all the miracles of God. You have
Hamsa Chakra Puja in Canada	seen how you are working out His powers. You have known all these things,
Shri Vishnumaya Puja in USA	but still the faith in God is missing. The person who has complete faith in
Shri Durga Kali Puja in Paris	God is God Himself, they say. It is called as Paramachaitanya. The guru is
Puja in Bogota Colombia	called as the one who is himself Brahmachaitanya. So when this faith in God
Mahakali Puja in Brazil	is absolutely established in you, that “There is God Almighty, He’s Almighty
Four more pujas in India	and I am the messenger of that God,” just this understanding, when it becomes
Two more pujas in Australia	absolutely firm in you, then you are in the gurupada.
Nine programs in eastern Europe	I bless you today that all of you achieve that state, that you reside in that
Eight programs in North America	gurupada state. And wherever you are, whatever may be your position, what-
Fourteen public programs in India	ever you may do, the faith in God Almighty that is so truly within you will
First Royal Albert Hall public program	express itself not only, but that it will manifest. It will act just like God.

Shri Mataji in Argentina, Australia, Austria, Belgium, Brazil, Bulgaria, Canada, Colombia, Czechoslovakia
Finland, France, Hong Kong, Hungary, India, Italy, Malaysia, Netherlands, New Zealand, Poland, Romania
Russia, Spain, Switzerland, Taiwan, Thailand, Ukraine, the United Kingdom and the United States of America

let others enjoy the blossomtime

1993



SHRI ADI SHAKTI PUJA • 3 AUGUST • TOGLIATTI RUSSIA

These are the special times. I call them the blossomtime when so many flowers are there who are seeking the truth. And their fragrance is their love. They had to all become fruits now and this is what is going to happen, as these times are very, very important.... This is the power by which a drop becomes the ocean, an individual becomes the collective.

So all your powers that are there are enlightened by this All-Pervading Power. It transforms you and it has such a beautiful, delicate way of handling everything. The only thing that is needed is faith in this power, that only by having love for others is this enlightened love going to give you whatever you want. There is such a power, an All-Pervading Power. There is no doubt about it and we have to just accept it with our open heart so that it fills it and makes us a great personality.

There is no competition, there is no ambition, there is no jealousy, nothing of that kind. The only desire then left is that as I am enjoying myself, let others also enjoy.

People go out of their way to spread Sahaja Yoga. They work very hard, travel with very little money. They try to convince people, do all kinds of things for no material gain. But the greatest joy is when you see that you have risen the Kundalini of another person and given him Self Realization. That lights up your faces, I have seen many a time. Let this love grow more and more.

Shri Mataji in Austria, Belgium
Bulgaria, Canada, Czech Republic
France, Germany, Greece, India, Italy
Netherlands, Poland, Romania, Russia
Switzerland, Turkey, Ukraine
United Kingdom and the USA

Easter Puja in Magliano Sabina Italy
Shri Pallas Athena Puja in Athens
Sahasrara and Guru Pujas in Cabella

Shri Adi Shakti Puja in Togliatti

Shri Adi Shakti Puja in Cabella

Shri Fatima Puja in Istanbul

Birthday Puja in Delhi

Mahakali Puja in Paris

Shri Krishna Puja in Cabella

Christmas Puja in Ganapatipule

Viratangana Puja in Los Angeles

Mahalakshmi Puja in Sofia Bulgaria

Shri Ganesha Pujas in Cabella and Berlin

Shri Ganesha Puja in Chhindwara

Navaratri Puja in Cabella

Diwali Puja in Moscow

Seven more pujas in India

Thirty public programs in Europe

Ten public programs in North America

Twelve public programs in India

United Nations public program

Royal Albert Hall public program

Marriages in Ganapatipule and Moscow

1994

not a military thing

Guru Puja in Cabella
Easter Puja in Sydney
Sadashiva Puja in Delhi
Sahasrara Puja in Cabella
Birthday Puja in Calcutta
Mahamaya Puja in Auckland
Shri Adi Shakti Puja in Cabella
Shri Yogeshwara Puja in the USA
Shri Ganesha Puja in Moscow
Shri Krishna Puja in Cabella
Navaratri Puja in Cabella
Shri Vishnu Puja in Paris



GURU PUJA • 24 JULY • CABELLA FIGURE

Shri Adi Shakti Puja in Jaipur
Christmas Puja in Ganapatipule
Shri Raja Lakshmi Puja in Delhi
Shri Ganesha Puja in Kalwe India
Two pujas in Hyderabad India
Programs in Hong Kong and Nepal
Programs in Tokyo, Taipei and Bangkok
Marriages in Istanbul and Ganapatipule
Thirteen programs in the Americas
Twelve public programs in India
Six public programs in Australia
Eighteen programs in Europe
Three programs in Tunisia
The Advent published in Spanish

If you want, it can work out. The All-Pervading Divine Power of love is absolutely working it out. More than you, the Divine wants this world to change, wants to transform the whole universe....

You have these powers by which you can introspect yourself. You can witness yourself and you can surrender because mentally now you are convinced about Sahaja Yoga. Emotionally you are convinced that Sahaja Yoga has given you such sense of love and compassion. Physically you are convinced that Sahaja Yoga has given you good health and confidence about your health. Now spiritually, you should be convinced – spiritually, that you are really spiritual people selected by the Divine, that your last lives have been of great seeking. That is why you are born now and you are getting all these blessings.

So assume. Assumption of your personality is important. You must meditate. You should go into thoughtless awareness and all the time keep your attention alert. That is very important....

just Mother's love

Thoughtless awareness is the first beautiful state you have to achieve. That will give you peace and a witness state to enjoy the drama of life, to enjoy the different varieties of people, while you will be growing within yourself....

I am very proud of you. I am very happy that never such disciples existed for any guru.... But you don't know why you got Realization, why you are here, what is your speciality, what you have to get. You don't know that. And that is what you have to know....

I think for the first time I have been able to tell something to you which I was hesitating always. "Let it be, just now they are still little babies, it's all right." But now after this, you have to grow – grow in every way....

You are all seekers of truth for ages and now you have come. You have found the truth. So try to identify yourself with truth – that's all – and with reality. If you identify yourself with truth and with reality your Sahasrara is absolutely open. No problem. Truth is in your Sahasrara. And when the truth comes in, you are surprised that truth is love and love is truth – pure love. It is very, very joy-giving and all the *niranandas* you want to have you can have, if you understand this simple equation that absolute truth is absolute love.

I have no expectations. I must tell you I am oversatisfied. As far as I am concerned, I think I have done My job. But now this has to be taken over. You have to be responsible. You have to work it out....

There is, if you may call it, a defect: Sahaja Yoga is not a military thing. It is just plain, simple Mother's love. And of course, every mother wants her child to be great, to have all her powers. She wants that, no doubt. How she does it, how she works it out is her own problem. But how you take it and how you use it is your own problem.

I always bow to you people who have got Realization because I think so many saints were never there on this Earth. But the saintliness has to be complete. Without that, you cannot help even your family, leave alone your country and no question of the whole world.

So what is needed now is to raise your awakening, to raise your spirituality, to go into a realm of complete support and surrender to the movement of this spontaneous movement of Sahaja Yoga.



Shri Mataji in Argentina, Austria
Australia, Belgium, Brazil, Canada
Colombia, France, Germany, Greece
Hong Kong, India, Italy, Japan, Malaysia
Nepal, Netherlands, New Zealand
Poland, Romania, Russia, Spain
Switzerland, Taiwan, Thailand, Tunisia
Turkey, United Kingdom, Ukraine
and the United States of America

1995 *women respected* the most glorious time

Shri Mataji addresses a United Nations conference on global issues facing women



FOURTH WORLD CONFERENCE ON WOMEN • 13 SEPTEMBER • BEIJING

This is beyond My imagination. The most glorious time in the history of the world – that at this time we are so much aware of the problems of women.

Women as a whole have definitely suffered over the ages because they have not realized what their importance is and what their proper role is in human society. Society itself, which is her creation, tries to control or put down womanhood. In the East we can say that, due to the fundamentalist influence, women have been under great pressure and their morality is based on fear rather than freedom. In the West they have fought for their freedom, but what they have attained is a spurious freedom. The women in the West have freedom to abandon all social and moral values. Thus, in the East, we can say that most of the women are timid, oppressed and cannot express themselves, while in the West we find most of the women are reduced to a sex symbol. They are keen to expose their bodies. Their anxiety is to appear in fashion advertisements and very cheap popularity. Most of them accepted this position because otherwise they could not have survived in that chaotic world of the West.

What most of the women in the East would regard as very humiliating and degrading is regarded as something very glorifying in the West. I have seen both the worlds very deeply and I feel that unless and until you bring a new culture by which women from the East and West can both rise in their own esteem and express themselves in such a way that they create high moral standards for their society, women neither in the East nor in the West will rise to their full stature of feminine speciality. The speciality is that if women are respected for their womanhood, understanding what they are capable of and how they can empower themselves with all the education needed, all the security will be provided to them and they will provide security to the society.

Meta Modern Era published

Birthday Puja in Delhi

Easter Puja in Calcutta

Sankranti Puja at Pratishthan

Adi Kundalini Puja in Cabella

Shri Adi Shakti Puja in Cabella

Mahashivaratri Puja in Australia

Holi celebration and puja in Delhi

Guru and Shri Krishna Pujas in Cabella

Sahasrara and Navaratri Pujas in Cabella

Devi Shakti Pujas in Moscow and USA

Christmas Puja in Ganapatipule

Shri Ganesha Puja in Cabella

Diwali Puja in Nargol India

Programs in Beijing and Taipei

Programs in Hong Kong and Tokyo

Programs in Kathmandu and Bangkok

Nine public programs in Europe

[Shri Mataji in Argentina, Austria, Australia, Brazil, Bulgaria, Canada, China](#)

[Germany, Hong Kong, Hungary, India, Italy, Japan, Malaysia, Nepal, Romania, Russia](#)

[Switzerland, Taiwan, Thailand, Turkey, Ukraine, United Arab Emirates, UK and USA](#)

I am satisfied 1996 in my lifetime



GURU PUJA • 28 JULY • CABELLA LIGURE

In My lifetime, if I see so many of you so much transformed, looking so beautiful, so nice, creating such a good atmosphere, it is more than satisfaction for Me. And sometimes I think there is nothing to be done now any more, finished. But then they invite Me here and they invite Me there, so I am just doing. But to be very frank, I am over satisfied....

Once you have planted the mango tree and looked after it for three, four years, then it looks after itself. It gives fruits. It doesn't need any water, nothing. It just grows by itself. In the same way, it should happen with you. You should grow by yourself....

This guru is supposed to tell something to the disciples about correcting themselves. In My own sweet way, I have said it to you, which you should not mind. I do not mean to condemn you by any chance, but to give you a proper sense of introspection, a proper sense of introspection by which you all get your gurupada. My only – I should not say “desire” because I do not have desire – so My only vision is that I should see all the Sahaja Yogis drenched in the power of love, enjoying each other's love, enjoying each other's relationships and improving relationships. I know there are problematic people. I know they are problematic, but if you cannot solve a problem, what is the use of your becoming masters?

So I leave it to you to solve your own problems which you are facing with introspection, with love and compassion, not by condemning yourself. I am sure you can manage it.

Shri Mataji in Australia, Austria
Bulgaria, Canada, Czech Republic
Egypt, Hong Kong, Hungary, India
Italy, Malaysia, Nepal, Portugal
Romania, Russia, Taiwan, Thailand
United Arab Emirates, United Kingdom
and the United States of America

Sankranti Puja in Pune
Birthday Puja in Delhi
Easter Puja in Calcutta
Mahalakshmi Puja in Moscow
Mahashivaratri Puja in Sydney
Shri Krishna Pujas in Cabella and USA
Sahasrara and Guru Pujas in Cabella
Shri Adi Shakti Puja in Cabella
Diwali Puja in Lisbon
Navaratri Puja in Cabella
Shri Ganesha Puja in Cabella
Christmas Puja in Ganapatipule
Public program in Kuala Lumpur
Programs in Sydney and Bangkok
Programs in Kathmandu and Cairo
Programs in Hong Kong and Taipei
Eight public programs in Europe
Six public programs in India
Five programs in North America
Shri Mataji at Gyaneshwar conference
Health Centre opens in India

1997 *see the beauty* this is sahaj dharma

SHRI KRISHNA PUJA • 23 AUGUST • CABELLA

You are all grown-up children

of Mine and I want you to know all the beauties that are within you that you have to enjoy.

First of all, learn to laugh at yourself. That is the best way to enjoy yourself, not to spend much time at the mirror. That is another way. What you should see is inside. "Are we sahaj dharmis? Mother has established sahaj dharma much more than what Krishna wanted to establish. He wanted to establish the dharma of love, which of course, we have. But apart from that, we have so many other beautiful facets and such beautiful things within our personality that we have forgotten to enjoy...."

You must try to see the beauty as Sahaja Yogis. You should be sensitive to see how you have been helped, how you have been guided, how you have been blessed. This is sahaj dharma....

This is the new dharma we have established now in this world. A new race with a new dharma, which is much above even Shri Krishna's vision is coming true.



[Shri Mataji in Canada, India, Italy, Portugal, Russia, Ukraine UK and the USA](#)

Shri Adi Shakti Puja in Cabella

Shri Shiva Pujas in Mumbai and Delhi

Shri Krishna Pujas in USA and Cabella

Sahasrara and Guru Pujas in Cabella

Shri Ganesha Puja in Cabella

Navaratri Puja in Cabella

Diwali Puja in Lisbon

Birthday Puja in Delhi

Christmas Puja in Ganapatipule

Shakti New Year's Puja in Kalwe India

Puja in Moscow

Marriages in Cabella

Four public programs in Russia

Five programs in North America

the witness state . 1998 *to bring non-violence*

SHRI KRISHNA PUJA • 16 AUGUST • CABELLA LIGURE

This is the best way to bring non-violence. In violent places you go and stand steadily there, facing all the things that are happening. And that witness state acts, acts and stops that kind of a violence that is going on.

But the witness state is not a mental state. It is a state of a spiritual ascent where you become a witness. The best way to practise the witness state is not to criticize anyone.... Actually there is nothing to be criticized. You just watch and see for yourself....

Your attention itself is enlightened now. With that enlightened attention, you can just watch and stop the nonsense that is there. But we are always conscious that we are something great and we have to do this and we have to do that. Under these circumstances what happens is that you become another problem. Because what can you do? You cannot do anything. But what you can do is to watch. By watching and by just seeing things as they are, you really develop a very different state of being....

This power of witnessing you all should develop. Try to develop it so that when you are reacting, stop the reaction. Stop the reaction about everything. You will be amazed. You will find yourself a very, very powerful person in the sense you will have no ambitions, you will have no desires, you will have no special fondness or anything, but just you are witnessing the drama.

It is very interesting to witness also because then you understand the humour behind everything, you understand the stupidity behind everything. You understand also how people have been so violent and you just laugh at it. You do not get upset, excited, nothing. You just laugh at it. After some time you will be amazed. Your witness state will increase and, when in the collective all of you have that witness state, you can do wonders without doing anything, without saying anything, without acting. Only your presence itself can work it out. I do not say that it will have an effect on everyone ... but most of the people. Any person who is in that state, he is the one who brings peace. He brings joy.



[Shri Mataji in India, Italy, Russia
Turkey, United Arab Emirates
and the United Kingdom](#)

[Guru Puja in Cabella](#)

[Birthday Puja in Delhi](#)

[Easter Puja in Istanbul](#)

[Sahasrara Puja in Cabella](#)

[Navaratri Puja in Cabella](#)

[Shri Krishna Puja in Cabella](#)

[Shri Ganesha Puja in Cabella](#)

[Shri Adi Shakti Puja in Cabella](#)

[Diwali Puja in Novi Ligure Italy](#)

[Christmas Puja in Ganapatipule](#)

[New Year's Puja in Kalwe India](#)

[Marriages in Cabella](#)

[Medical conference in Italy](#)

[Scientific conference in Moscow](#)

[Programs in Delhi and Moscow](#)

[Marriages in Cabella and Ganapatipule](#)

celebrate *give realization*

DIWALI PUJA • 7 NOVEMBER • DELPHI GREECE

1999

The guideline is such that we should know that we are realized souls. And what is so important? Why have we become realized souls? Not only for our pure desires, but also for others. And in that understanding that we are not only for ourselves but for others, you become collectively conscious and you start helping others. You will stand very well, otherwise you are lost and the others are also lost.

This way is the way we have to really go ahead, go ahead towards the truth and bring that truth for the other people and save them. This is how you can express your love to them, all your caring....

To talk about this subject is much easier than to assimilate it within ourselves.... In meditation you will assimilate and the same power of discrimination that you think is within you, of giving vibrations, of doing all kinds of things out of Sahaja Yoga will be completely, continuously acting....

Celebrate and be happy that we have so many Sahaja Yogis all over the world. There is hope for the whole world and we can save all people who are lost in the wilderness. That is a fact, no doubt. But after that celebration and everything, we should sit back ... and watch what is happening and you will be amazed that in meditation you will be revealed with all the beauties you have achieved, all kinds of things that you have achieved. And all the worries and botherations of things will disappear. This should happen to you all and this is what I request you all to have – this special capacity to understand yourself.

My own hope is fulfilled. To see you sitting down here I feel overjoyed, the same way you will also feel when you all will try to raise the Kundalini of others and establish them in Sahaja Yoga. You will be amazed what will happen to you. It is so joyous to give Realization to others....

I bless you all with this special power that you give Realization to people and look after the Nabhi of the people. It is very, very important to understand how far you can go. We have to change the world. We have to save the world. It is your responsibility. You have got Realization, not the others, so do not try to find faults with others. Think about you, that you have Realization and it is expected that you should spread Sahaja Yoga.

Shri Mataji in Canada, Greece, India
Italy, Turkey, United Arab Emirates
United Kingdom and the USA

Birthday Puja in Delhi
Shivaratri Puja in Delhi
Guru Nanak Puja in India
Gudi Padwa Puja in Noida India
Shri Adi Shakti Puja in Canajoharie
Shri Hanuman Puja in Pune
Sahasrara Puja in Cabella
Easter Puja in Istanbul
Guru Puja in Cabella
Virata Puja in Cabella
Navaratri Puja in Cabella
Shri Ganesha Puja in Cabella
Diwali Puja in Delphi Greece
Christmas Puja in Ganapatipule
Marriages in Cabella Ligure Italy
Public program in Istanbul Turkey
Programs in Toronto and Vancouver
Programs in Los Angeles and London
Public programs in Milan and Athens
Public programs in Mumbai and Pune
Programs in New York and Washington



BIRTHDAY CELEBRATIONS • 19 MARCH • DELHI INDIA

I have been watching how Sahaja Yoga has grown from one person to all this.... This all has shown that the time has come for the whole world to change. And this transformation is the most important thing what we should aim at. Forget about everything. Forget about politics, economics, this, that, but get transformation. Once you are transformed, you know how to do the right thing, how to do the things that will help you and the society. All this you already have seen in your life.

2000 *best way to live* sahaj culture

Shri Mataji in Canada, China, Italy
India, Turkey, United Arab Emirates
United Kingdom and the USA

Easter Puja in Istanbul

Shivaratri Puja in Pune India

Gudi Padwa Puja in Noida India

Shri Adi Shakti Puja in Canajoharie

Birthday and Bhoomi Pujas in Delhi

Guru and Sahasrara Pujas in Cabella

Christmas Puja in Ganapatipule

New Year's Puja in Kalwe India

Shri Ganesha Puja in Cabella

Shri Krishna Puja in Cabella

Diwali Puja in Los Angeles

Navaratri Puja in Cabella

Marriages in Canajoharie

Marriages at Ganapatipule

Marriages in Delhi and Cabella

Seven programs in North America

Public program at Royal Albert Hall

Six public programs in Italy

Public program in Istanbul



CHRISTMAS PUJA • 25 DECEMBER • GANAPATIPULE INDIA

My vision is too great for one life. I want a global Realization. I want people all over the world to have Realization.... You must try to learn Sahaj culture. In a Sahaj culture, how do we talk, how do we live, how do we contact? It is something very different. And then, once you start Sahaj culture in your life, you will be amazed – others will be amazed – how you are having rapport with each other, how you are looking after everything so well. This is the best way to live in this world – as Sahaja Yogis, where there is no ego, there is no conditioning, nothing. You are just absolutely free from all these horrible attributes and then you will be amazed how people will trust you, how they will like you.

SHRI KRISHNA PUJA • 20 AUGUST • CABELLA LIGURE ITALY

You have a beautiful enlightened society of very good friends, of very good spiritual people. With all this, if you cannot create, then what should I say? You have to create something. It may be art. It may be music. It may be poetry. It may be literature. It may be writing. Whatever it is, you have to create. And above all, you have to create Sahaja Yogis. That is the main creation you have to achieve.... Nothing is more important than becoming a mahayogi, by which your spirit gives joy, peace and blessings to everyone.

don't keep it to yourself the kundalini knows

2001



SAHASRARA PUJA • 6 MAY • CABELLA LIGURE ITALY

So many years have passed. I have worked quite hard, day and night, and My only desire was that you people should take it seriously and work it out.

Do not keep your Realization to yourself. As many people as you can, give Realization. The greatest obligation will be on Me and on God Almighty. The only thing is that you should try to give Realizations to others. You will never make a mistake. You can never make a mistake because the Kundalini knows. She knows you. She knows you are realized souls. She will respect you. Even if you make mistakes, she will correct it and she will help you, in every way.

I am just a housewife who had no support from anyone, but I was sure that it was My job to find out how to break the Sahasrara ... which I did.

Now you also know that, so this is your job.... You have to strengthen My hands. They say the Goddess has one thousand hands, but even the one thousand hands are now asking that you come along with your two hands and work it out.

It is very important what you have to do. All kinds of problems in this world, they come because of ignorance.... How it is solved is also in your power with the Divine.

Shri Mataji in China, India, Italy
Greece, Turkey, United Arab Emirates
United Kingdom and the USA

Sankranti Puja in Pune

Guru Puja in Cabella

Shivaratri Puja in Pune

Birthday Puja in Delhi

Easter Puja in Istanbul

Navaratri Puja in Greece

Sahasrara Puja in Cabella

Diwali Puja in Los Angeles

Shri Ganesha Puja in Cabella

Shri Adi Shakti Puja in Cabella

Shri Krishna Puja in Canajoharie

Christmas Puja in Ganapatipule

New Year's Puja in Kalwe India

Marriages in Canajoharie

Marriages in Cabella

Marriages in Ganapatipule

Public program at Royal Albert Hall

Public programs in the United States

Programs in Delhi, Athens and Istanbul

2002 *smiling faces* learn from children

Shri Mataji in Germany

India, Italy, Singapore, Turkey

United Arab Emirates, UK and USA

Mahashivaratri Puja in Pune

Gudi Padwa Puja in Delhi

Birthday Puja in Delhi

Guru Puja in Cabella

Easter Puja in Istanbul

Sahasrara Puja in Cabella

Shri Adi Shakti Puja in Cabella

Shri Krishna Puja in Canajoharie

Shri Ganesha Puja in Frankfurt

Shri Ganesha Puja in Cabella

Diwali Puja in Los Angeles

Navaratri Puja in Los Angeles

Christmas Puja in Ganapatipule

New Year's Puja in Vaitarna India

Marriages in Cabella

Marriages in Ganapatipule

Programs in Delhi and Istanbul

Two public programs in New York



SHRI GANESHA PUJA • 14 SEPTEMBER • CABELLA LIGURE ITALY

One should look at things from Ganesha's angle. How will you do it? How will you use it? You will learn from children, how they watch things and how they work it out, how they think. You would be amazed how sensible they are and the very sensible things they say ... how innocent they are, how simple they are. They are very generous.... They are wonderful people and we have to learn a lot from children. Their smiling faces and their joy should teach us how to behave because Ganesha shines through them very clearly.

a promise 2003 our destinies are guided

DIWALI PUJA • 9 NOVEMBER • LOS ANGELES USA

We have to be very sincere with ourselves because it is not just a borrowed love or a borrowed joy, but it is from within the source that it is flowing, flowing and flowing.

So that is to be awakened and that love should flow and our small petty things like jealousies and competitions and all those things which spoil us must be washed away. And it can be washed if your heart is full of love....

We should know also that our destinies are also guided and looked after. We are already a blessed people. There is no doubt about it and we should not worry about small things and small matters. It will all work out very well, you will see, if you just leave it to your destiny, which is very high, very great. With this, your own destiny you will go very far. This is the promise of Diwali to you all: that you will reach the highest and the noblest way of life....

Whatever petty problems you have, they will all be washed off. All these are the messages from the Divine. You do not have to worry about petty things, about money, about jobs. That is not your job. Your destiny will work it out. You have a promise that you will be looked after. I hope you believe in that promise and are joyous in the highest way.



[Shri Mataji in China, France, India, Italy
the United Kingdom and the USA](#)

Shivaratri and Birthday Pujas in Delhi

Sahasrara and Guru Pujas in Cabella

Shri Sadashiva Puja in Pune

Shri Adi Shakti Puja in Cabella

Shri Krishna Puja in Canajoharie & Pune

Christmas Puja in Ganapatipule

Shri Ganesha Puja in Cabella

Navaratri Puja in the USA

Diwali Puja in Los Angeles

Marriages in Ganapatipule

Marriages in Cabella and Los Angeles

Vishwa Nirmala Prem inaugurated

Arts Academy opens in Vaitarna

Public program in Delhi

BIRTHDAY PUJA • 21 MARCH • NIRMAL DHAM DELHI INDIA

These are special times, that you have fallen into this trap of love and enlightenment. I was not very sure that you would appreciate the love that one can enjoy within yourself, what is spiritual understanding. I didn't know how you would appreciate and enjoy your Self. That means you are all very much capable of this tremendous love and this spiritual awakening....

People do not believe that there is something like Sahaja Yoga, that there is a power in every human being which is universal and which can be enlightened. It is something beyond the conception of human beings that they can achieve this kind of a spiritual growth within themselves. I wonder how many of you also realize that whatever you have achieved is something great. It is the climax of human development, human growth and all the advancement we have made. This will definitely change the world and its understanding.

2004 *love within* the greatest guru

GURU PUJA • 4 JULY • CABELLA FIGURE

I do not have to say anything for love. Love is an absolute gift, a gift of just feeling others. There is no talking about it, discussing about it, nothing. You just feel that love. To feel the love, one has to have a heart. But how can you have a heart? It is not your own doing. It is all there.

Shri Mataji in India

Italy, United Arab Emirates

United Kingdom and the USA

Sankranti Puja at Pratishthan

Shivaratri Puja in Pune

Guru Puja in Cabella

Birthday Puja in Delhi

Sahasrara Puja in Cabella

Shri Adi Shakti Puja in Cabella

Shri Krishna Puja in Los Angeles

Shri Ganesha Puja in Los Angeles

Navaratri Puja in Los Angeles

Diwali Puja in Los Angeles

Christmas Puja in Pune

Marriages in Los Angeles

Public program in Istanbul

So it is something that is already gifted to you. You have it, that you can feel that love. It is so much joy-giving, peace-giving. Love has its own qualities and one of the qualities is that love understands. Its understanding is not in words, not in thought, but it understands within. It can feel within, which is very important. This is the most important part one has to realize: that love, you can only feel it. You cannot talk about it, you cannot show about it, but it is within and you can feel it. And that is why today is your celebration of the guru. It is the celebration where you can feel that love for your guru. That feeling is within and only within can you feel that.

We have to understand it is not the show. It is nothing else, but just the feeling within that you know that you have the love of the Divine.... It has nothing to do with others. Whether the other loves you or not makes no difference. It is within yourself. This feeling, this depth is there, which you enjoy....

Sometimes you feel that you have lost it. Sometimes you feel you have gained it, but it is there as much as the expanse of a sea. The sea you cannot say today is full and tomorrow is not. It is eternal. In the same way, the source of your love is eternal. You cannot measure it. It is difficult. But it is beyond all your human expressions and it shows your understanding of love, which has no words, which you cannot explain, but by itself you will know that "I have this quality to love within myself and I can enjoy with this love within myself...."

The greatest guru that we have is love, Sahaj love. It is the guru within us which teaches us, which somehow or other leads us. We are led into that great line of understanding for which we do not have to go to any college, to any school for education. It is something so much within that it works and expresses itself, expresses like a light. Such people we can make out because they are fully enlightened. They have light and through that light they see the whole world, which is very innocent and simple for them....



When you talk of your guru, you should have that love within you. Why do you feel it so much? The reason is the guru loves you and you love the guru.... In this great opportunity of love that we are, we are here to enjoy each other fully from our heart, that there is this ocean within us. We have to just get submerged in that ocean. If we are lost in that ocean, then we will have no problems, no questions. Everything will be our own and we can manage everything without any argument, without any questioning. That is what is being Sahaj. The Sahaj way, if you have this love, you enjoy. You enjoy yourself and enjoy everybody else because it is Sahaj. You do not have to make any efforts, do not have to try anything, it is just there and it works.... It is without expression. It is just to be felt within yourself. Then you want to do so many things. You want to help everyone. You want to help yourself. You want to do good to others.

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

This is what we have to know, that we are that love. That love is within us.... This is what is the guru. It is the love within you which wants to share the love with others, which wants to give love to others. This is what is peace and joy.

*we are
that love*

2005



Shri Mataji in India
Italy, UK and the USA

Guru Puja in USA
Diwali Puja in Pune
Birthday Puja in Pune
Christmas Puja in Pune
Sahasrara Puja in Cabella
Shri Krishna Puja in USA
Shri Ganesha Puja in USA
Mahashivaratri Puja in Pune
Shri Adi Shakti Puja in Cabella
Navaratri Puja in Gurgaon India
First edition of *Nirmal Fragrance*

At the Christmas Puja in 2006

one yogini asked Shri Mataji,

“Please give us the knowledge.”

Shri Mataji said, “You will have it.”

2006

Shri Mataji in Australia, India, Italy
Singapore, the UK and the USA

Guru Puja in Cabella

Birthday Puja in Sydney

Sahasrara Puja in the UK

Shri Adi Shakti Puja in the UK

Mahashivaratri Puja in Sydney

Navaratri Puja in Los Angeles

Shri Ganesha Puja in Los Angeles

Shri Krishna Puja in Los Angeles

Christmas Puja in Pune

Diwali Puja in Pune





2007 *it is the love* we are one

SHRI ADI SHAKTI PUJA • 24 JUNE • CABELLA LIGURE

Sahaja Yoga means we are one. We are all Sahaja Yogis, but not separately – together. If one understands this fact, you have celebrated today's great day of the Adi Shakti.

Why did the Adi Shakti create this world? Why did all this happen? Why don't we think why so much love, so much prosperity has been given to us? We never realize where we are and how much we have got. It is not the money, but the love. And when you will understand, you will really love each other and there is no hatred, there is no revenge, nothing but just love and love and love. This is what is the message of today. We all have to be loving each other....

We have to promise that for us love is most important.... Still the world is going on with wars, fighting and all kinds of trouble. The whole world has to come up to love each other. There is no other solution but to love and, in that love, there is no selfishness, but enjoyment. And that enjoyment you should feel and give it to others.... Love is the message of the Adi Shakti.

Now you think about it: one Adi Shakti created the whole world, how She must have done it, what She must have planned, how She must have organized it. It is not an easy thing. It is only because She loved. Her love is the expression that you are all there and that is why to be one with Her, one should learn to love. Of course, in that, you have to know that you should forgive. If you don't know how to forgive, and find mistakes of other people, you won't help.

What is your job now is to see that you are loving, that there is no hatred for anyone, you do not think of hating someone or hitting somebody. This has to work out. I'm sure this will work out.

Human beings, their love is so beautiful. They look beautiful only when they love. So I have to tell you not to make cheap love, but a love that you will enjoy and that another person will also enjoy. It is something to be understood. The way people understand love is sometimes very ridiculous, so one has to first understand what is love, also to understand whether you love or not. If you really love the world, if you really love this creation of God, then there should be no hatred, there should be no fights, but just to see the good points. As a mother would see her child, you should see the whole world as a beautiful peace that God has created for you.

Sahaja Yogis have a much greater job, much greater life. They have to show that love is a very great thing.... You are all human beings and we have a right to love. And if you manage somehow to love people, I tell you Sahaja Yoga will settle down. Sahaja Yoga is like a tree which requires love as the water.

Try this. Try around your life and you will find how love pays itself. Not to be seen by how much you spend or what you do, it is not that you count all those things. It is just like an ocean floats everything around, you become like that, a typical personality of Sahaja Yoga.

So all the Sahaja Yogis must decide today that we are going to forgive all the people we hate and we are going to love all of them. Let us see if it works out. I am sure it will work out because, first of all, you are all realized souls and, secondly, love is the biggest, biggest boon on human beings, which, if you utilize, there will be no problem of any kind.

*love is the
message of
the Adi Shakti*

[Shri Mataji in Australia, India, Italy
Singapore and United Arab Emirates](#)

Shivaratri Puja in Pune

Birthday Puja in Pune

Easter Puja in Pune

Guru Puja in Cabella

Sahasrara Puja in Cabella

Shri Adi Shakti Puja in Cabella

Shri Ganesha Puja in Sydney

Shri Krishna Puja in Cabella

Navaratri Puja in Sydney

Diwali in Noida India

Christmas Puja in Pune

2008 *working since 1970* born with responsibility



GURU PUJA • 20 JULY • CABELLA LIGURE ITALY

You have to take over and work it out. That does not mean you cancel Me – no, not at all. I am there with you and in every place you work, you put My photograph.... Can you imagine, all of you, if you become gurus, how many Sahaja Yogis we will have all over the world...?

It is for you to carry the torch, the light. It is your responsibility now. You have got your Realization.

I was born with the responsibility. I was born with all the understanding and now you are also. Understand yourself. Do not condemn yourself ... but be careful. Do not become egoistical. You have to be very humble, very humble with everyone. And work it out because, if they are not realized souls, you should not condemn them, but tell them very patiently and sweetly, “You are not all right.” Tell them how to meditate, how to improve. It is now a very big responsibility. Actually I have done this work and you can do this work also. So you all have to become a guru....

I bless you that you all become gurus. Whatever you have got now, do not waste it, do not throw away it away, but use it for the betterment of people.

I want to tell you what are the qualities needed for a guru. First of all, he should be a detached person. That does not mean you give up your family or anything, but you should have a detached attitude that anybody from your family does wrong, you should go away from him or her. Secondly, through your Realization, you can see that you can spread happiness and remove their problems. You have seen whatever I have done. You can do it. You have got power to do it. But no hypocrisy, otherwise you will spoil the name of Sahaja Yoga.

A new edition of *Meta Modern Era* published

[Shri Mataji in India, Italy and United Arab Emirates](#)

Sahasrara and Shri Krishna Pujas in Cabella

Shri Ganesha and Christmas Pujas in Pune

Guru and Shri Adi Shakti Pujas in Cabella

Mahashivaratri Puja at Prathishthan

Sankranti Puja at Prathishthan

Birthday Puja in Chhindwara

Shri Ganesha Puja in Cabella

Navaratri Puja in Cabella

Diwali in Noida India

Easter Puja in Nagpur



I have done My best and I think I won't be able to do this again. It is not My old age, but I want to give you a complete freedom to spread Sahaja Yoga. You have got it free and you also have to give it to people free.

Now I have been working since the year 1970. And today, so many years I have worked so hard, but I cannot now do it. I have to go back and take some rest.... All of you, promise Me that you will try to become gurus. I did not take any money from you, nothing from you. I just want that you should spread Sahaja Yoga.... You have to save the world. All My work is that.... May God bless you.... Thank you, all of you.

2009

Sahaja Yoga is just one of My aspects



The enjoyment of Sahaja Yoga is the best way to know Sahaja Yoga

2010

SAHAJA YOGA ♦ FORTY YEARS

PHOTOGRAPHS

1970: date and place uncertain
 1973: India, 1973
 1974: date and place uncertain
 1975: Bombay, date uncertain
 1976: Shri Mataji and six Sahaja Yogis, circa 1976, Oxted United Kingdom
 1977: Guru Puja, London, 1 July 1977
 1978: UK seminar, Easthampstead Park UK, October 1978 (*Patricia Proenza*)
 1979: Holi Puja, India, 1979
 1981: Shri Ganesha Puja, Sydney Australia, 4 April 1981
 1982: Guru Puja, Nightingale Lane ashram, London, July 1982
 1983: Guru Puja, Lodge Hill Sussex UK, July 1983
 1984: Navaratri Puja, Paris, 30 September 1984 (*Allesandra Pallini*)
 1987: Shri Mahalakshmi Puja, Belgium, 9 October 1987 (*H. Reininger*)
 1988: Ganapatipule India, circa 1993 (*Toni Grabmayer*)
 1989: boat to Capri Italy, May 1989 (*Herbert Reininger*)
 1990: Shri Ganesha Puja 1990, Lanersbach Austria, 26 August 1990
 1991: village in India, circa 1990
 1993: place unknown, 1993
 1994: Tunis Tunisia, November 1994
 1994: India, 1994
 1996: New York, September 1996
 1997: New York public program, 10 June 1997
 1998: Shri Adi Shakti Puja, Cabella Italy, June 1998
 1999: Diwali Puja, Delphi Greece, November 1999
 2000: beach at Ganapatipule India, December 2000 (*Wolfgang Hollerweger*)
 2001: Shri Adi Shakti Puja, Cabella Italy, June 2001
 2002: Shri Ganesha Puja, Frankfurt Germany, September 2002
 2003: Shri Ganesha Puja, Cabella Italy, September 2003 (*Michal Markl*)
 2004: Birthday Puja entertainment, Delhi, 19 March 2004 (*Anjan Upadhya*)
 2005: Shri Krishna Puja, Parsippany USA, 28 August 2005 (*Neil King*)
 2006: 11 February 2006, Sydney Australia (*Matthew Cooper*)
 2007: Easter Puja, 8 April 2007, Pratishthan Pune India (*Paul Anant*)
 2008 top: 26 January 2008, Pratishthan Pune India (*Suneel Janakwar*)
 2009: Easter Puja, 12 April 2009, Cabella Italy (*Calin Chirou*)
 Back cover: Navaratri Puja, Los Angeles, 24 October 2004 (*Neil King*)

WORDS of Shri Mataji Nirmala Devi

Opposite page top: Cowley Manor Seminar United Kingdom, 31 July 1982
 Opposite page bottom: Shri Ganesha Puja, Kalwe India, 31 December 1991
 Back cover and this page lower right: Sydney Australia, 17 March 1993

Please forgive any errors in this publication.

The information and facts included are based largely on the inventories of talks and pujas compiled over the years, articles and records published in *The Divine Cool Breeze*, *Nirmala Yoga* and other Sahaja Yoga periodicals, as well as timelines compiled by Sahaja Yogis. At all stages, errors are inevitable, but certainly our biggest error is that of omission. Even if this magazine was a hundredfold in size, it would still only represent a minute fraction of the forty years of labour, attention and love gifted to us by Her Holiness Shri Mataji Nirmala Devi. This history of Sahaja Yoga is neither comprehensive nor definitive. It is a sampling.

The Sahaja Yoga World Foundation's Media Project totals Shri Mataji's recorded talks at 3023. Of these, 632 are puja talks. Public programs are numbered at 1172. This is not a complete list and only accounts for those talks that have been recorded, identified and catalogued.

THE DIVINE COOL BREEZE

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*You are beyond time,
 into the timeless dimension,
 enjoying yourself.
 That's the beauty
 we have to achieve.*

That state we have to reach.



You are beyond time