

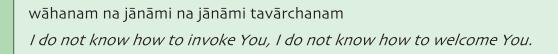
It is all within you.

All this horizon is there

waiting for you

to greet it.

- 2. Turn around
- 8. One with the Divine
- 20. Message of love
- 22. Gifts
- 32. Bandhan





# turn around upon yourself

that at Addition

STREET:

One has to develop a kind of a humility that "I have to still receive, I have to still get it, it has to work out." Now when it comes to that kind of an attitude, then you turn around. Turn around upon yourself. What have you done for Sahaja Yoga? One simple question: what have you done for Sahaja Yoga?

To how many people have you given Realization? How many people have you been able to cure? How much peace have you got within yourself? How blissful are you? How much compassion have you got? How much forgiveness and patience do you have for others? How much of sharing can you do?

These are the signs of Sahaja Yogis, that you break your shell. You become collective. How much do you understand others? And how much do you understand giving to others? What have you given to others, even on a material level?

# Let us see.

These questions should be put to yourself.

On a very material level, these questions are to be asked

because the light comes down to the material level.

How many people can you forgive?

You are realized souls. You are prophets, no doubt.

You can make others prophets, but you have to be the quality also.

The quality of a prophet is his nobility. He is so noble – nobleness.

In comparison with other people, who are not realized souls, he is nobler.

He is more dignified. He is much more forgiving.

So the whole way of dealing with others will change.

He is obedient. We have to obey in Sahaja Yoga.

We have to obey our good will, otherwise you are difficult people.

It is impossible. Nobody can do anything to you.

If you are like a thorn, how can anybody help you?

So the quality of a Sahaja Yogi is measured by another kind of a measure.

It is not the way human beings measure the quality of other human beings.



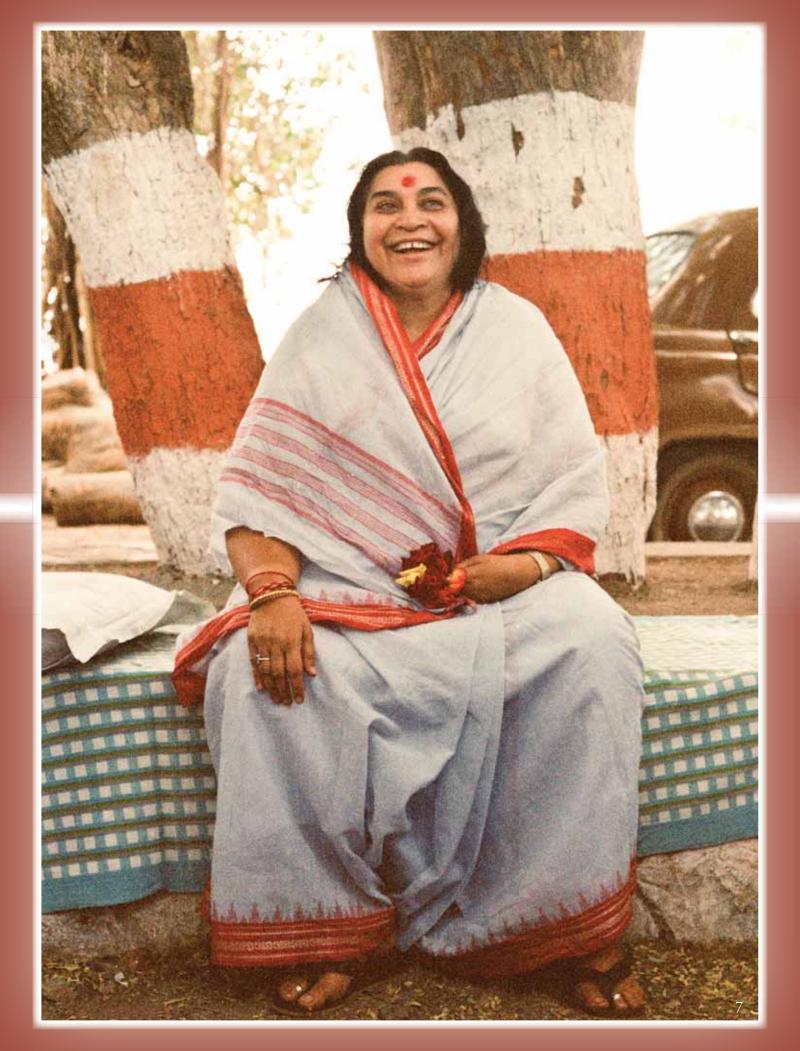
# The sign of Sahaja Yoga

is how much we can love each other, how much we understand each other, how much we can endure for others with great joy and how much we do not bother about ourselves, our families, our children. This "mine, my, me" has to go. It does not go by saying "go." It is a state, again. But then only you should be convinced, "Now I am a Sahaja Yogi."

If you are a Sahaja Yogi, then at the time of crisis you should become thoughtless. That is one of the signs. I have seen with Myself, if there is any crisis in the family, I just become thoughtless. That means ... that God just takes you in, your problems. He puts His hand, He puts His protection and He takes you out of it and makes you absolutely thoughtless. And in that thoughtless awareness, you discover what is right, what is wrong.

So even in crisis, this thoughtless awareness is all the time extremely alert. It becomes much more alert than normal.

That is the sign of a Sahaja Yogi and the sign of a Sahaja Yogini.



# ONE WITH THE DIVINE

# Sahasrara Puja 2002

# You must feel your depth.

It is a very unique thing that has happened, that your Sahasraras were opened out. There were very few people in this whole world. There were some Sufis, there were some saints, some other people also in China, I know, but very few. Very few got their Sahasrara opened out. So whatever they said or wrote was never understood by the people. They actually tortured them. They crucified them and did all kinds of horrible things because they couldn't bear somebody getting this Realization....

Every one of you has got it. Also all over the world, you have many people who have got their Sahasraras open. Of course, we need many more for them to understand what is this great event of such a collective opening of Sahasrara.

Some have grown very much after getting their Realization – very much. They have understood Sahaja Yoga very well and they have developed their depth and their consciousness is really a great awareness of oneness with the Divine.

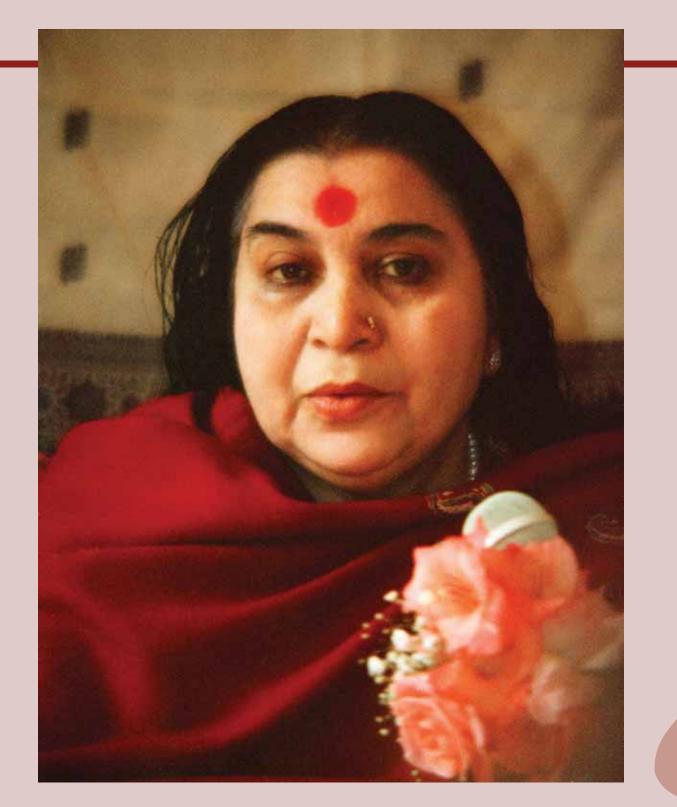
# One with the Divine

To be one with the Divine is the greatest blessing for human beings. So far, there were human beings at a lower level of existence and they had all the problems of that level. It is those jealousies, hatred, all kinds of problems that are today of fighting, of troubling others, destroying others and not loving others. All these problems existed because their Sahasrara was not opened.

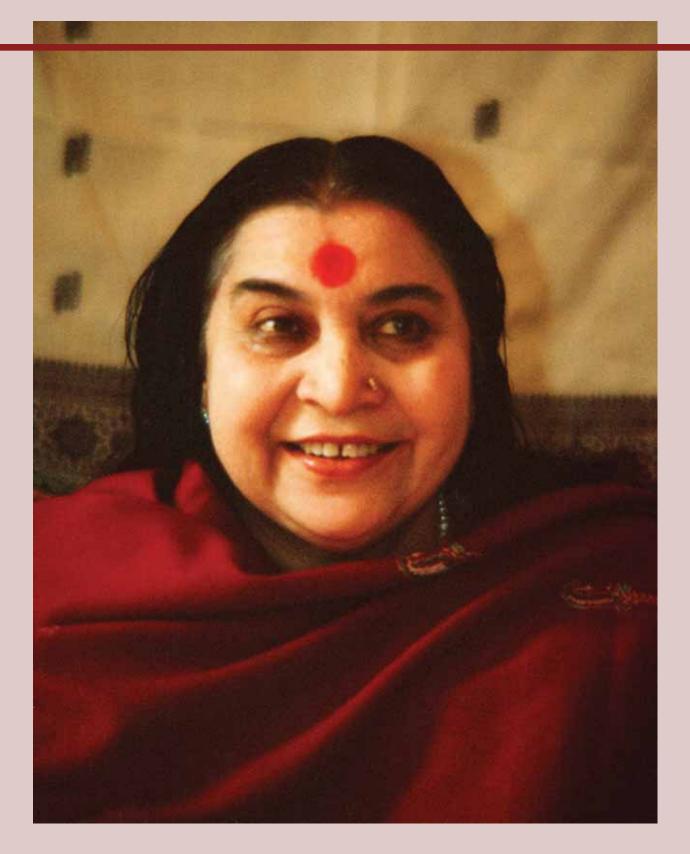
So our main problem is to open the Sahasrara of the people all over the world, which is very simple, which you can all do. And it will work better if you do it collectively. If you are collective, you can work it out very well.

Like that in Sahaja Yoga, so many people have come whose Sahasrara was completely opened and they felt their depth. Firstly, you must feel your depth. If you do not feel your depth and you are not one with your personality, which is so deep, then you cannot enjoy the Self Realization. First of all, you should understand yourself. If you do not understand yourself, how can you understand other people? You cannot.

So first this Sahasrara should be opened out fully. Fully means complete oneness with the Divine. That is not difficult. Only you have to meditate a little bit and then it will work out. It has worked out in many people I am very happy to see and I meet such people in Sahaja Yoga who have achieved such a lot of collectivity and also the awareness of a realized soul.



To be one with the Divine is the greatest blessing for human beings.



The power of love is the highest and the greatest.

# **Realized** awareness

What is the awareness of a realized soul? That is what we have to understand.... The awareness is such that you should now know what is happening in this world and how you can help it. How can you help people to get to this awareness? Unless you have this full knowledge about yourself, complete strength about yourself and the confidence, you cannot do it. Sahasrara Day is to be celebrated just to strengthen your bond with the Divine, so that your consciousness becomes absolutely enlightened and you see the right point in everything....

When you are meditating, also outside you should develop a state of witnessing. You should try to find out what is the matter, what is wrong with you, what is wrong with others and how you can help. Only with your vibrations can you correct so many things in your country, in your family, everywhere. And as you see now how Sahaja Yoga is growing, that there is such a need and such a desire to get Self Realization, but the only thing is your approach should be full of love and full of understanding. They are coming from the darkness of ignorance and they have to go into the element, the nature of the Divine, which can be very bright for them.

So slowly, slowly if you develop this passionate kindness, love for them, I am sure you can do much more to raise them. No use getting angry with them because they are so ignorant. They do not know what they are doing.... So what you have to do is to make them understand whatever they are doing, whatever they are understanding is still poor. It is not so much yet expanded as it could have been if they were realized souls.

# Ego and the power of love

Even after Realization I find people have a problem. They still have the problem of the past life which is finished. It is dead, but they still carry on with that and the consciousness. So much of illumination also does not show what is wrong with them. For example, take the case of ego. Ego is so developed. In the Western countries where they are so developed, ego has also developed and they have to find out what is wrong with them. This ego comes from a certain consciousness that you have been something great – you are this, you are that, your parents have been great maybe, your property is great or maybe you are occupying a very big position. It can come from anything and this consciousness is against your awareness because it is not true. You are not anything being molded by these outside things, but you are molded by your own awareness within yourself. This awareness has to grow from where? It is to understand how do we get this ego, from what point....

The main thing is to understand the power of love. The power of love is the highest and the greatest and if you can manage somehow or other to give up your anger, give up your greed and also your ego – if you can do that, you can be in Sahasrara.

Now just see the sport of ego. It stops your ascent further. At ego only people get lost because at ego only they move to the left or to the right and they can go too much to the right side or can go up to the left side. They can go to any extreme of these two.

So first of all, we have to correct our ego. For this ego, what should we do? For this ego we should watch ourselves and laugh at ourselves. What ego do we have, of what? We are human beings. Now we have become Divine. And with the Divine within us, with this light within us, we have to understand that we are a part and parcel of the Divine, just a drop in the ocean of love. If you can reduce your ego, if you can bring it to the actual sense of your being, then it will work out better.

Just a drop in the ocean of love.

# Faith in yourself

Ego is your own enemy created by you, so you have to fight it and see for yourself from where it is coming. It might be country-wise. It might be family-wise. It can be from any-where. So first of all, we must watch out for the ego, if it is Sahasrara we have to enter into.

When I was looking out for a collective happening of Sahasrara opening, I found it was the ego of people which was keeping Me down. I had to fight the ego of people. Because I am a woman of very simple habits – no pride, nothing – people used to suppress Me, say all kinds of things to Me. But I understood them because they had an ego problem. And once this ego evolves and tries to dominate, we can have Hitlers in this country. We can have all these horrible people all over the world.

So the first thing you should understand is those who have ego, we should not ever subdue to them. Of course, you should not start fighting, but you have faith in yourself that you are people who have got Self Realization. You are much more powerful than they are. My powers only work out when you are realized souls. You will be surprised. They work out many things which may not work out with people with ego....

So you must have, first of all, complete faith in yourself that you are Sahaja Yogis, but not the ego. Sahaja Yogis means you cannot have ego.

This ego business has come from various sources, you know that, but it has to be cleansed out. Like when the river flows, all kinds of dirt, filth flows into it, but when it meets the sea it becomes the sea. In the same way, you have to become that. To become the sea, what you have to do is to forget all these tributaries which were coming into you and all these wrong ideas which came to you. It can be from any source. I do not know how to name them because there is a big list of these sources. People are mad sometimes with this ego.

# Models of Sahaja Yoga

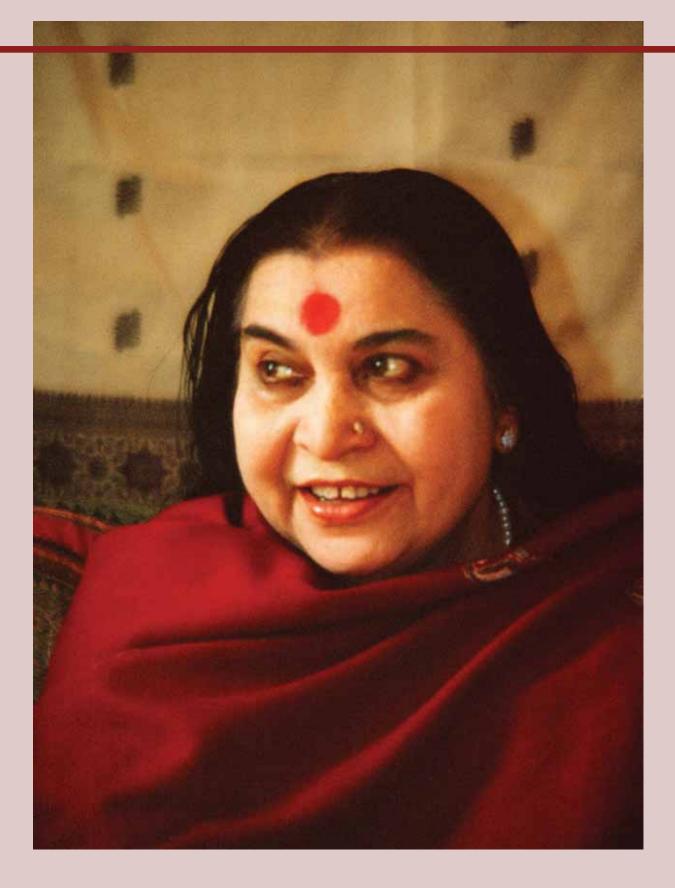
So the main thing is how to watch and witness your ego, how it works, how it spoils your temperament, how it spoils your relationships, how it makes you stupid. The first thing it does is to make you very stupid and you start behaving in such a manner that people start thinking that "Oh, you are the great, stupidest person ever living." But it is of no help because if they believe that you are a stupid person what will happen?

On the contrary, if you have the wisdom, if you have that peace, if you have that special temperament of enjoying everything in life and also the collective temperament, it will work out. They will be impressed because in that light they can see their own stupidity, their own falsehood, everything and they will realize that what they think is not true. "This gentleman is much deeper than me. What he has got, I haven't got it." This is the main thing for all of us....

You should be models of Sahaja Yoga. And that is what I have been always telling you, that get rid of your ego. It is the worst thing because, first of all, it brings anger. You think you are something great and you can do this, you can do that because you are a Sahaja Yogi. It is not true. On the contrary, become extremely humble – extremely humble and you do right things. You do not become any more arrogant and also not full of anger. Anger departs from you completely – completely. It gives you a balance. It gives you wisdom by which you see what is your job, why are you on this Earth, why this energy has come to you, why you are a divine personality. It is a very, very great responsibility. You do not have to look after yourself. No, the Divine will look after you – absolutely. It will protect you. It will look after you. It will do whatever is needed for you. But in case you have this ego, you shut out yourself from the reality, from the truth and you become very hot-tempered and an arrogant personality. This has to go away.

# You should be models of Sahaja Yoga.

12



Sahaja Yogis means you cannot have ego.

# More than saints

I am here to tell you about it. Sahaja Yogis are ... more than saints because they can express themselves better. They have powers in them which they can utilize, which they can show to other people that you are so powerful, that you can manage things much better than what you think. For example, say there is a problem and the whole world is upset about it. The only thing is if you know how to witness it, it will disappear. It will disappear in the whole world. It cannot remain there.

So nowadays the world is full of turmoil, as you see, full of nonsensical people coming up, full of quarrelsome people. Dominating people are overpowering. At this time, if you just see this in the witness state, this will disappear because you are very powerful. But you must know, first of all, that you must have the equipment to use the power. If you have that equipment within you, you can do it. But with your ego you cannot.

Ego is the greatest hurdle for your ascent. You see that ego is at a place where you have to just cross to go to the Sahasrara. And to break the Sahasrara is very easy otherwise. But if there is ego, you are already lost in that ego. So against all this one has to understand to "watch yourself." Is it egoistical? What does it think about itself? Ego is very limited. It makes you limited and you do not see the purpose of your life. Why have you become a realized soul? You do not understand. You just are involved in your own affairs, in your family, in your children, in your something like that – very low. But if you have, if you have a egoless temperament, then you are very effective, the whole power works. What I have seen, the power of Sahasrara is so great. In some people it has worked wonders. They have worked it well, greatly. But, because of ego, so many people are still not of that level that we can say they are Sahaja Yogis.

Now, as it is, I am here to tell you about it. In those days when these saints came in, nobody was there to guide them, to tell them anything. On the contrary, they were so much destroyed by the surroundings and people never understood why they did not have any ego, why they were so humble, so they were misused. But now you have powers. You must know how to use your powers. But that should not give you, by any chance, any ego that you have powers. On the contrary, you should be humble. You have the power to be humble and you can be humble and understand that these people are not yet realized souls. They are at a lower level. Still their ego is catching them and they are at a lower level. They have to come up. When you understand that, then you will have not only pity, but also understanding about them and a kind of a help will come to you from the Divine that will solve your problems.

I find most of you have problems of a very low level sometimes. And then I am surprised why you are bothered about these problems. You see, you are so powerful.

## No more ego

So in Sahasrara, you must know what powers are there. There are one thousand powers, one thousand powers within you which are being enlightened. If you can understand that, then you will understand what is the use of having ego because you have such a lot of powers within you, which you have not utilized. We should use, but because of ego you cannot. With love you can. With love you can manage and you can do a lot.

So I would request all of you today to take a vow that "We will have no more chances for our egos. We will give it up. We will give up our ego." Because there is no sense, that is an obstruction between us. When the Sahasrara wants to work, it cannot because of the ego obstruction, so better not have ego of anything. You may be a good singer. You may be anything in life. You may be some big man or anything. What is so-called has no

14 meaning.



People should feel your love.

# A special job

What we need today are people who are egoless and who have powers completely flowing in them. With the opening of the Sahasrara, all these powers should flow. If the Sahasrara is fully opened, all these powers of love should flow. You will be amazed. I mean wherever I go people just fall in love with Me. I don't know why. I do not do anything to them, but just they feel My love. That is what it should be, that people should feel your love and they should know that you are a lovable person.

This is the thing: you are made as special people, very special for this whole world's emancipation. That is your job and not otherwise just collecting money and doing all kinds of nonsensical things. You are here for a very, very sensible job, which is to raise the Kundalini of people and make them aware of their greatness. Human beings are not created only to war and fight, not created here to play politics and do all dirty tricks. Here they are not made to lead a life which is very, I would say, filthy and dirty, but in this world we are here to do such a great job of God who has created us.

So this is possible if you are aware that your Sahasraras are being opened out and that in this Sahasrara resides the purity, not all these small little things about which you are worried.

# The power of love

Some people try to take advantage of Sahaja Yoga, thinking that they can do better, they can have the help of others. Nothing of the kind – you can be helped by yourself. You do not need any help. On the contrary, you have to help others. There is no need to expect any help from anyone. Look at Me. I am an ordinary housewife otherwise, but how it has worked all over the world – by what? By just the power of love. The only trouble is that I can use My power of love, but you do not know how to use. That is the only problem.

If you want to use your power of love, in meditation you can develop that power of love. With that, you can capture people. With that, you can understand. Their problems are that they are not Sahaja Yogis. They are not the people who are having all the blessings or the connection with the Divine.

Imagine, you are connected with the Divine and the Divine is such a great thing which has created this whole universe, created you and has done all the great jobs. So what are you? You are a part and parcel of that divine power. So why not we use our divine power fully within us with love and with understanding so that you develop this wisdom within you?

This is what is to be told to yourself, that "we are realized souls." This one is something, a personality – special, very much special.

In this world there are very few people who are realized souls, but now we have so many. I can see them. But still, if it is lacking, some problems are there because of our ego. One should not have ego of anything. Everything is perishable. What is not perishable is divine love. What is not perishable is the Divine Personality. All the time you see the saints and all that. Although they are dead, people remember them. All their poetry is remembered. Though they could not do much of Sahasrara work, they could not give Realization to people, still, because of their personality, they are still respected and people

16 know that these people have been doing marvelous things, miraculous things.



# Soldiers of truth

You can see your own miracles and you can see for yourself what you are capable of because now you are connected with the Divine. This is one fact you should know. Whenever there is danger, whenever there is a problem, you will say you will be saved. Many have been saved out of you, no doubt, but that is not sufficient. You are saved for what? What is the value of your life? Why are you living? What is the matter? Why has God saved you, given you all this? Because there is so much to be done for this world. You are the, I should say, soldiers of truth, soldiers of goodness and all that is to be done with great courage and understanding about yourself.

So what you have to do is to have self-knowledge. You have to know about yourself. You must have self-knowledge about what you are. If that you do not have, what is the use of opening the Sahasrara? Self-knowledge does not give you any pride, nothing, but gives you the duty of what you have to do, what you have to work out. It is not only just for you, that Sahaja Yoga, but you are for the whole world. Please try to understand.

Sometimes we think Sahaja Yoga is there for our betterment, for our good health, this, that. It is not so. It is for the betterment of others. Your powers are there, which you are not utilizing....

# More than saints

I can see that there is an understanding going into your understanding that you are great and you are not ordinary people and this has to be practised and to be used in a manner that will show that you are Sahaja Yogis. You are no less than any Sufi or any realized soul or any saint – no less. But you have powers which they did not have, of which they were not conscious, while you have these powers.

Try to understand what powers you have. But by understanding that, you should not have pride about it in any way, but that is your job. You have to do it. You are there and you will enjoy it because it is not with ego, but egoless work. If you can manage that much, it will be very good....

Whatever work has been done all these years, people have worked it out among themselves. So you have to watch yourself and see for yourself what ego you have, why should you be egoistical. Some of the people have ego of their country. It is all mythical. You could have been born anywhere. So you are born in a particular country, you have that ego. And it is something, I must say, one has to be ashamed of because your country, whatever it is, is not doing very well. It is not spiritually equipped, so why should you be so proud of your country? When you will work it out and they will become spiritually equipped, then, of course, you can have pride in your country, but I see that not happening. And so you have to work it out.

And I am also happy to see that so much of Sahaja Yoga is now spread out everywhere. It is spreading very fast. In countries where I never expected, it is spreading out. So there are people everywhere in the world who want to have it. They want to have their Realization and they want to know what is beyond this human life. They do not want to waste their life any more as human beings, but as super-human beings, I should call them, as Sahaja Yogis.

So our ego has to be seen. It is to be watched in a witness state, how it works and how it tries to dissuade us from the right path of movement. One has to be only careful on that point because that is the last centre which has to be opened out. Once it is completely open, you are one with the Divine and all your problems will be solved because these problems are so frivolous and have no meaning. They will go away in no time as long as you work it out, your Sahasrara....

If your powers increase, all these people who are very bad, who are trying to capture the society with their political nonsense and all that, they all will disappear. They have no powers. They will all disappear.

So, first of all, your egoless nature will help. It will help everyone. May God bless you all.



# These problems are so frivolous and have no meaning.





It is being expected that you all will follow

My message of love

l 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, I would say, one has to have a heart. But how can you have a heart? It is not your own doing. It is all there. So it is something which 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....

That feeling is within. And only within you can feel that. So 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.

This you can have because it is just there. No one can give to you. No one can sell it.... It is just there.

And that love has to be felt and shared. It has nothing to do with others. Whether the other loves you or not makes no difference. It is a within yourself, this feeling. This depth is there which you enjoy.

# I HAVE COME HERE TO GIVE YOU A GIFT which you deserve

We are human beings.

What did we do to become human beings?

Nothing. It is all a gift.

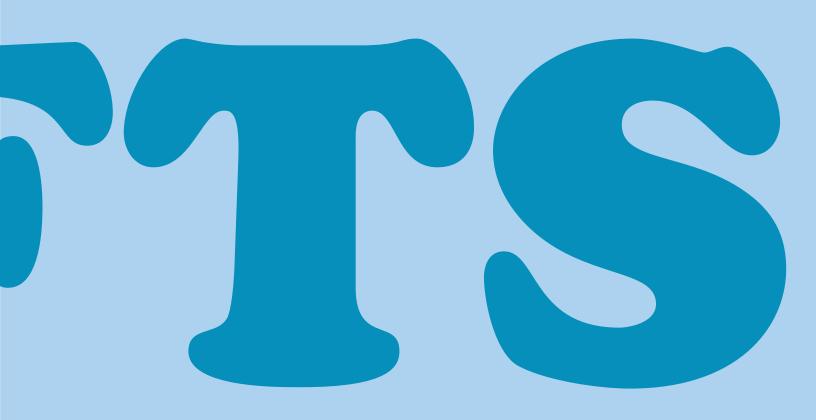
The whole thing was so spontaneous and living.

Please remember that this is a gift for what you are.

And also, if there is any problem, it can be corrected and can be put right.

It is all free and it is a gift because it has to happen.

It is all promised.



He is so gracious. He is anxious to give. That is the way God is.

Even in taking a gift, we think we should return. There is no return.

It is just giving. It is just flowing ....

Like the sunshine, it is a gift, a gift of God.

We cannot demand it, but it works.

If somebody is so gracious, won't it work out?

Like the sun's rays – you see, we may not demand it, but we can have it.

# Believe in yourself

# An absolute gift, a gift of just feeling others

It is the love that you give and the love that you receive, which is not a love which is entangled into anything with any purpose, with any idea. But just to feel that love, pure love within yourself and within others is the greatest gift of the Divine. All other things are useless.

# DENCE

Have confidence and faith in yourself and that you are a storehouse of innocence which is nothing but compassion and love. If you have that faith, you will definitely develop a beautiful way of talking to others, of having relationship with others. It is something that is really a gift of Shri Ganesha.



You must know one thing, that I cannot take anything from you. I cannot receive. My nature is not to receive, but just to give. So you take it from Me, it is a gift. Just take it and have it and enjoy it. This is what you have been seeking, not in this life, but many lives before. And the time has come and the chance has come.



If you think that by standing on your heads or paying Me some money you can achieve your Realization, I am sorry this is not the shop that sells it. This is a gift from God. It is a grace of God which is bestowed upon you, which you have to receive. As you have received everything else, you are going to receive it also.



# A GIFT FROM GOD

The things are happening, but be patient and believe in the mercy of God, in the kindness of God, in His compassion ... to give you this gift of Realization.



When you get yoga, when you get Realization, you get your well-being

Your health improves, your mind improves and, last of all, you become the giver of gifts to others in the sense that wherever you are, you are auspiciousness. You are so pure that your purity fills the atmosphere with auspiciousness and this auspiciousness, when it acts, you are amazed how people are helped and how people are granted these beautiful blessings through you. And you become aware of it. You understand it.

# THE GIFT OF SHRI KRISHNA DISCRIMINATION

Apart from anything else, He gives us the gift of discrimination. That is His style, to teach you how to discriminate and then you will become experts on discrimination, on vibrations. On vibrations you can get everything so clearly, so beautifully. Others may not agree with you – that is a different point – but you know what is right and what is wrong and that is what Shri Krishna's gift is.

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# COLLECTIVE Vou are a universal being CONSCIOUSNESS

You are the part and parcel of the whole. The microcosm becomes the macrocosm. And this is not a lecture, but has to happen within yourself, that you have to develop your collective consciousness. And this is the gift of Shri Krishna because at the brain He becomes the Virata.

> I wonder if you understand your calibre ... how much the whole atmosphere has worked out for you, the science has been worked out for you.



All this has been worked out for you to achieve the highest state in the shortest time. But for that, one has to be extremely introspective.

Instead of thinking of what you have to achieve, be introspective.

This introspection will help you and you will really become real gurus.



I am asking for two things from you. It is a funny thing that Mother has to ask for a gift. The first gift you have to give is that you should express peacefulness through your own character. But it does not mean that you should be people who are timid or people who are morbid or who tolerate nonsense, no – but the people who are peaceful resistance. You are not afraid of anything. You are not going to bow down to anything, compromise with anything, but you have that sort of a temperament you should develop and express. It is very important. And the second one is that this peace and all this should express your love – love to others.

# **I ASK FOR TWO GIFTS**

This is what you have: a very great, generous, beautiful, dharmic heart.

Enjoy it DROSITY

You have got it as a present from the Divine, which you must respect. You should be proud of it and enjoy it, as you should enjoy your generosity. You should enjoy the way all this nature is enjoying itself.

# SAHAJA YOGA

You cannot measure it. It is an ocean. Just enjoy it and be your Self. It is a gift for which you have been asking, so just take it. It is absolutely free. You cannot pay for it. Do not think on in these hopeless worldly ways. It is the love of God, the grace of God, which one has to receive. Just enjoy it. Just have it. That is what it is.

The immensity of this experience, the glory of your Mother's coming or the precious gift of your Self Realization, nothing can be realized through your understanding. Try to think what have you got. Can you measure it with your understanding? Can you understand what has happened? No, you cannot because rationality cannot give you the dimensions into which you have fallen. The rationality is actually broken up. There is no rationality left now any more to even communicate as to what you have been seeking and where have you landed. So the only method you have got now or the only way left to you is for a drop, which has become an ocean, to dissolve more in the ocean, so that you feel the ocean at least, and to communicate with other drops in such a way that you know the whole through all of them.

All this is your own. One enlightened light enlightens another light. There is no obligation. It is all your own, but you have to get it and then establish it. All this has to be free because it is nature's gift. It is a living process. You cannot pay for it.

Remember that you are all Sahaja Yogis and you deserve very good help – very good help from Me and from God Almighty. There is nothing to be upset about. These are all different tests which will work out the goodness in you and will get the results.

So many of you are aspiring to ascend to that state where you would have complete joy, bliss and peace. This is what I could give you. And a mother is only happy when she can give whatever she has to her children. Her unhappiness, all her restlessness, everything is just to achieve that end, to gift all that she has. I do not know how much to thank you people, to go through all this to get to that treasure that you have within yourself.

You do not come to Sahaja Yoga for money. You come here for everything, in a sense – in totality. You have to get that higher situation. Like that, you have to give also, with an open heart. Know that you have got such a great gift.

I am the source of all the shaktis, of all the powers. So you can have all the powers from Me, whatever you like. I am desireless, but whatever desire you have will be fulfilled. Even about Me, you have to desire. Look at that, how much I am bound by you.



God does not want us to suffer. He wants us to enjoy, enjoy His gifts, His blessings.... You have to get your own keys from Me.

# BANDHAN



Attachment does not mean in any way that you have to give Me anything. What do you give Me? Nothing but detachment from the cause. And this works out. You have seen it in your lifetime. You also say that it works out. "Mother, somehow it worked out."

What is a bandhan? It is nothing but you are attaching yourself to your Mother. You are just telephoning to Her. It is a telephone going to your Mother, that's all.

You know I also play with you. I also say, "All right, I am giving you a bandhan." I am giving a bandhan to Myself. It is a telephone call, just a telephone call.

But the faith has developed now that, yes, this is the real faith where you get completely detached in your emotional things. "It is just my mother. All right, just give her a bandhan, finished. My father – give him a bandhan. My brother – give him a bandhan," whatever it is.

Bandhan, whatever it is, you are putting them in the bonds of your Mother. But you are not conscious that you are doing that. You are just binding them with the love of your Mother which is flowing through your hands.

What are these vibrations? It is your Mother's love. You have got it. It is flowing through you. But what about your love for your Mother? And that is what I find, that at the time when there is a complete emergency, that surrender comes in and it works.

# like a telephone call to your Mother



Give a bandhan together for this problem and it will be solved. Any kind of a basic problem which is corroding the life of people in any country can be solved very simply. You have to use this bandhan for all kinds of big problems in the collective. Any national problems or international problems, you can work it out on your bandhans and really you can solve the problems. It is not so difficult. Giving a bandhan is a very good thing. It works out in such a tremendous way and so efficiently. Very efficiently it works out.... But for problems which are collective problems, you must give a collective bandhan. Whichever are personal, you can give a personal bandhan. I have already told that those who are going out of their houses must take a bandhan before leaving because you are going out. God knows what sort of people there are.

# THE DIVINE COOL BREEZE

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All photos: place and date unknown Cover: photo by Gregoire de Kalbermatten Page 2, 5, 7: Shri Mataji, India 1983 Page 31: Shri Ganesha Puja 1980 Brighton United Kingdom Left: photo by Gregoire de Kalbermatten Back cover: Palace Schönbrunn Vienna 29 October 2010

### SHRI MATAJI'S WORDS:

Contents page: 5 July 1998, London ("I do not know how to involve you..." from the song *Twameva Mata*) Pages 2 and 5: 7 June 1982, London Page 6 top: 24 December 1990, India Page 6 bottom: Diwali 1991 Pages 20 and 21: Guru Puja 2004 Page 22: 22 March 1981, 16 June 1983 and 26 July 1979 Page 23: 18 June 1981, London Page 24 (love): Birthday Puja 1996 Page 25: Shri Ganesha Puja 1995 Page 25 (wisdom): 3 December 1979 Page 26 (kundalini): Christmas Puja 1981 Page 26 (realization): 30 June 1979 and 26 November 1982 Page 27 (well-being): 30 May 1985 Page 27: Shri Krishna Puja 2001 Page 28: Shri Krishna Puja 1988 Page 28 (science): Guru Puja 1996 Page 28 (marriage): 11 June 1979 Page 29 (two gifts): Birthday Puja 1984 Page 29 (generosity): Sahasrara Puja 1995 Page 30: 8 October 1979, 6 August 1982 11 June 1985, Easter Puja 2007 6 February 1985, Guru Puja 1980 Page 31: Easter Puja 1991, 22 July 1988 Left: 23 November 1984 & Malaysia 1996

Back cover: 1 February 1983, Delhi

The chakra of the Goddess lies behind the sternum bone in the spinal chord. This chakra is placed above the Bhavasagara, above the Void, as we call it in Sahaja Yoga. And the bridge that has to be crossed by the bhaktas, by the seekers, is guarded by Her. She is the one. She helps Her children to come through that passage when there are negative forces trying to attack on a seeker.

She helps Her children to come through that passage