

an alphabet sampler of Sahaja Yoga
THE DIVINE COOL BREEZE
2011 issue two – volume twenty-four number two

Aarti, Bhakti & Chakra



Darma

Rupini

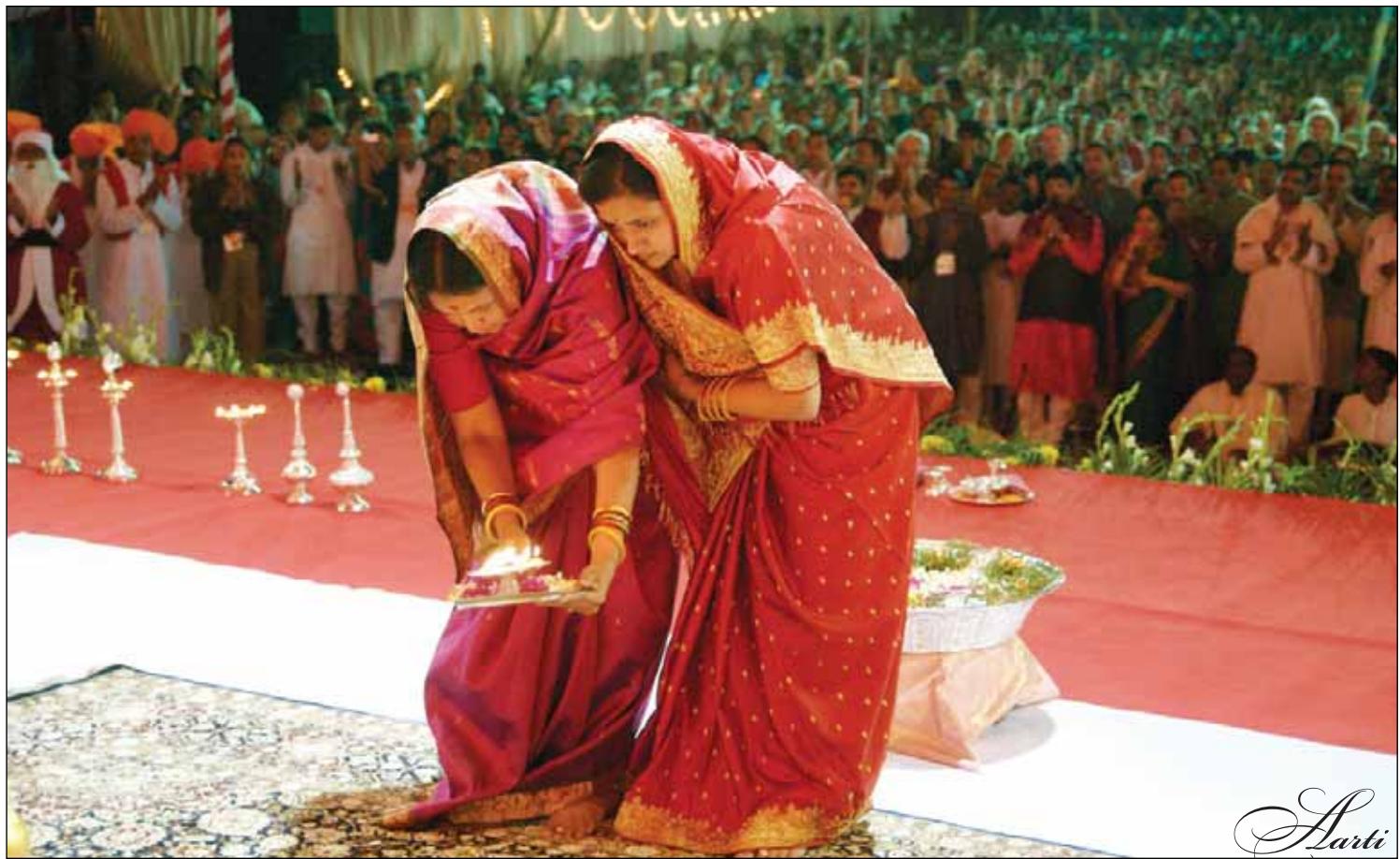
She who is in the form of the alphabets

A

is for aarti

By showing the light to God, we worship the light within us. The light element within us gets enlightened.

*Sab ko dua dena, Ma
Mother, give blessings to all*



Aarti

*You cannot get to Mother unless and until you have really bhakti from your heart.
But if you have bhakti, then you can get to Mother.
It is written: bhakti gamya – realized by devotion.*



Bhakti

B

is for bhakti

Vishv-āshrāyā ye twayi bhakti namrāhā
Those who are devoted to You themselves become a refuge for all.

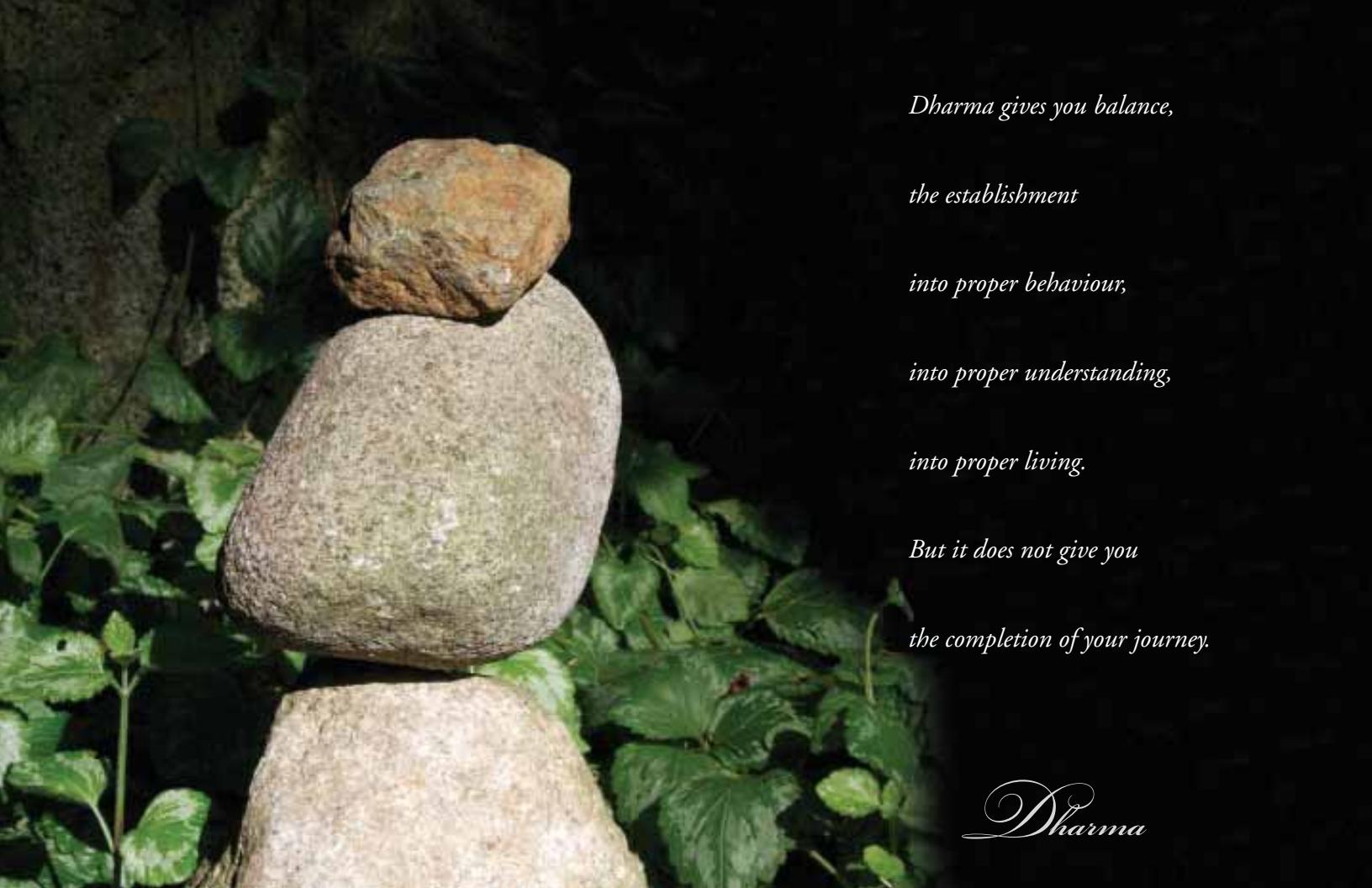


*When you are realized,
you can start feeling your own chakras
and the chakras of other people.
This is enlightenment.*

Chakra māryāda sthāpini

The one who establishes the maryadas of the chakra

Chakra

A photograph of four stones balanced on top of each other. The base stone is light-colored and rounded. A slightly larger, darker grey stone sits atop it. A smaller, reddish-brown textured stone is balanced on the second stone. The top stone is the smallest and has a smooth, light-colored surface. They are surrounded by dense green leafy plants.

Dharma gives you balance,

the establishment

into proper behaviour,

into proper understanding,

into proper living.

But it does not give you

the completion of your journey.

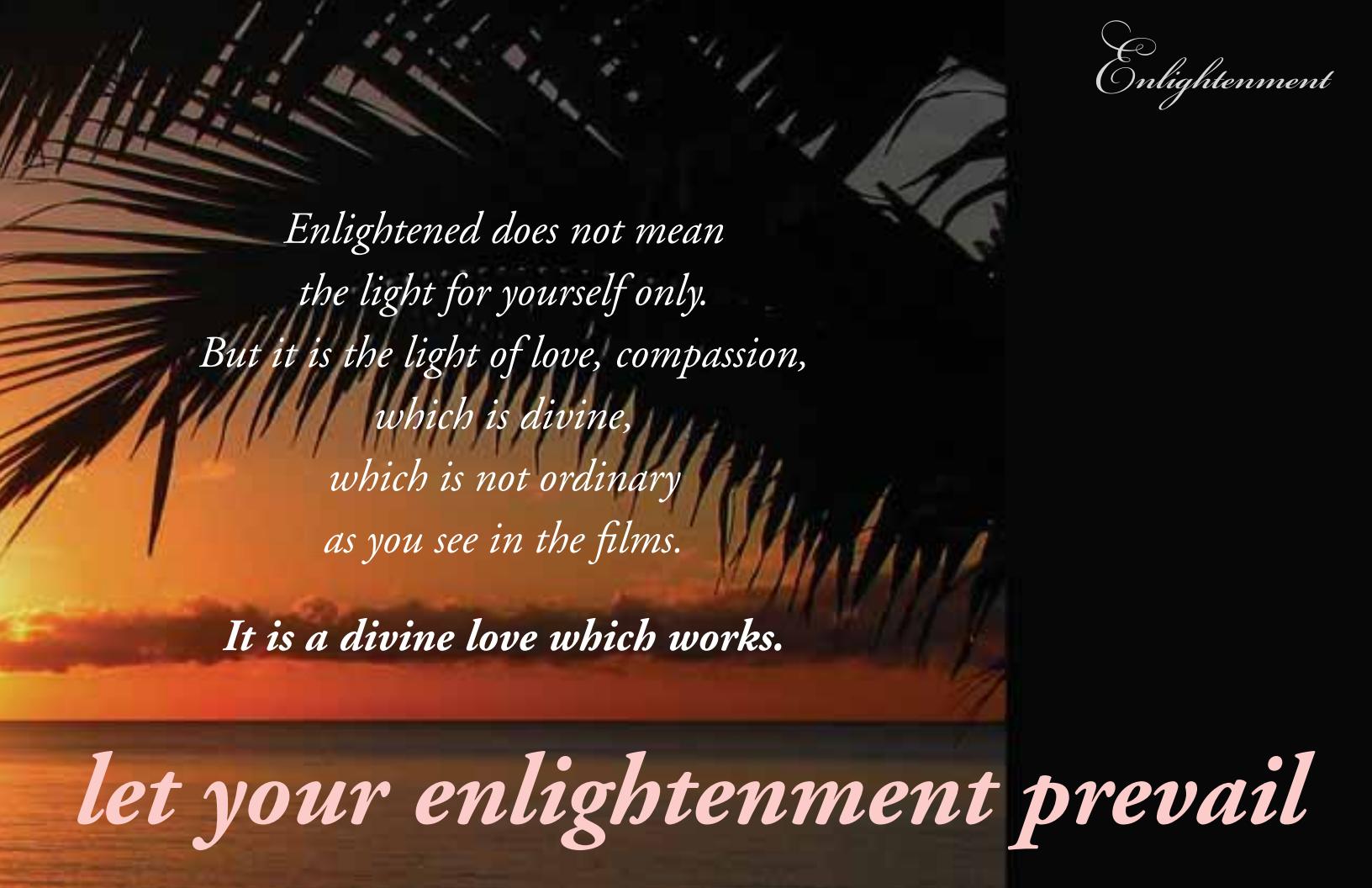
Dharma

D is for dharma

*dharma saonstha-panarthaya
to establish dharma in the hearts of men*

E is for
enlightenment



A photograph of a sunset over a beach. The sky is filled with warm orange and yellow hues, transitioning into a darker blue at the top. In the foreground, the silhouettes of palm trees are visible against the bright sky. The ocean is visible in the distance.

Enlightenment

*Enlightened does not mean
the light for yourself only.*

*But it is the light of love, compassion,
which is divine,
which is not ordinary
as you see in the films.*

It is a divine love which works.

let your enlightenment prevail

F
is for forgiveness

The greatest weapon you have

*forgive us our trespasses
as we forgive those who trespass against us*

Forgiveness



G is for guru

*to You, our true guru, we bow
tasmai Shri Gurave namah*



The greatest guru 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.

Guru

H

*Everything burns off
and gives auspiciousness.*

is for havan

*yadnyesha
lord of the havans*



Havan



I is for innocence

*Nations after nations can be destroyed,
but the power of innocence
cannot be destroyed.*





Innocence

J is for joy

Joy is something I cannot express in words.

Joy is singular. It is not unhappiness or happiness.

It is just joy. Just you enjoy. You enjoy everything,

every company, every incident, every scene,.

Every happening in your life, you know how to enjoy.

param-ananda-rupina **the one whose form is supreme joy**

Joy



K

is for Kundalini

*Kundalini is your Mother.
She has been with you for ages
and She has been waiting for this day
when you could get your Realization.*



your presence, awakened in us by Kundalini



Kundalini

raga vivardhini
You cause love to grow

I
is for love

The spirit – you cannot kill it.

It cannot blow out.

But what is the oil that keeps it there?

It is your compassion.

It is love.

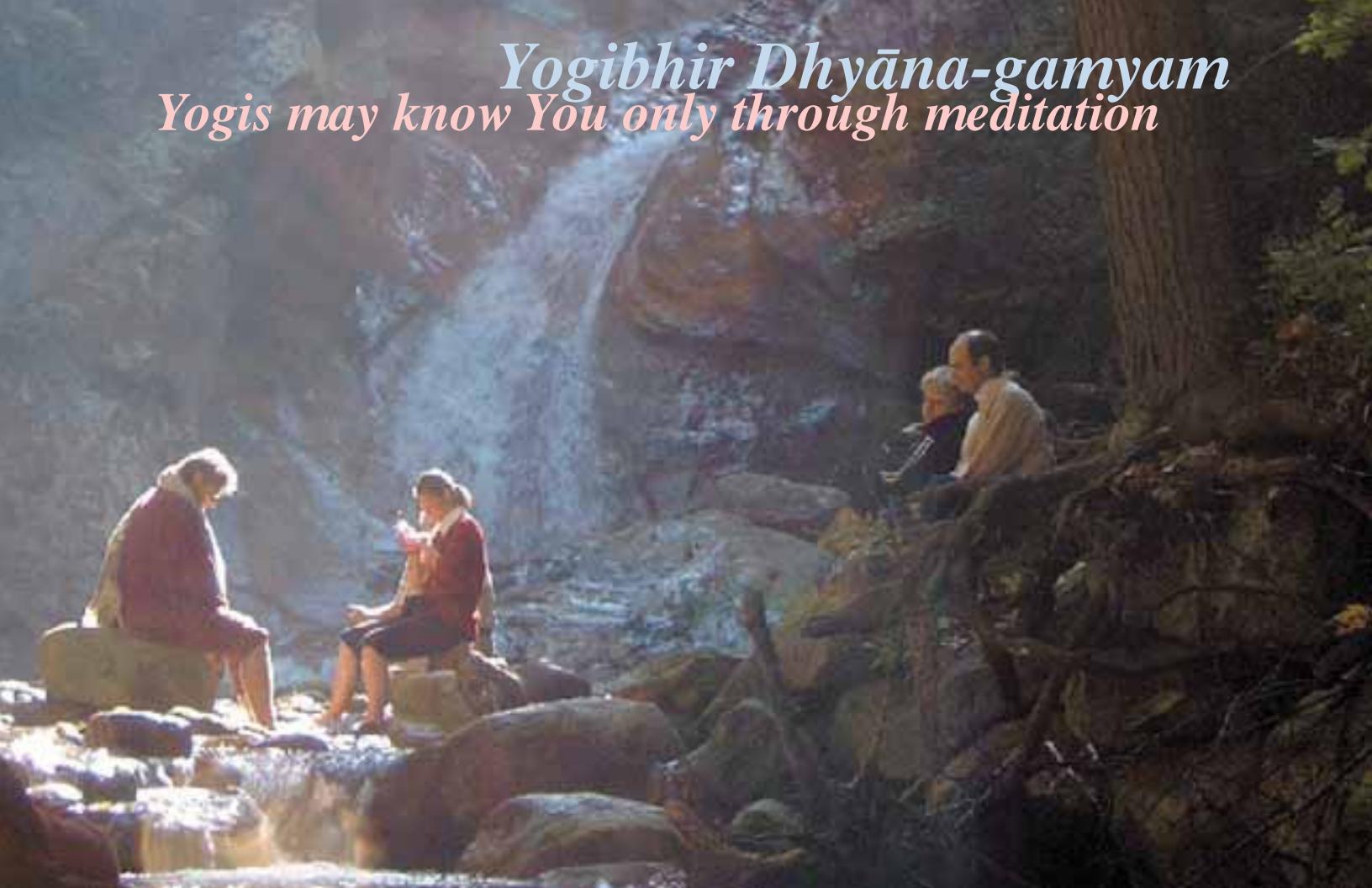


and grow



Love

Yogibhir Dhyāna-gamyam
Yogis may know You only through meditation





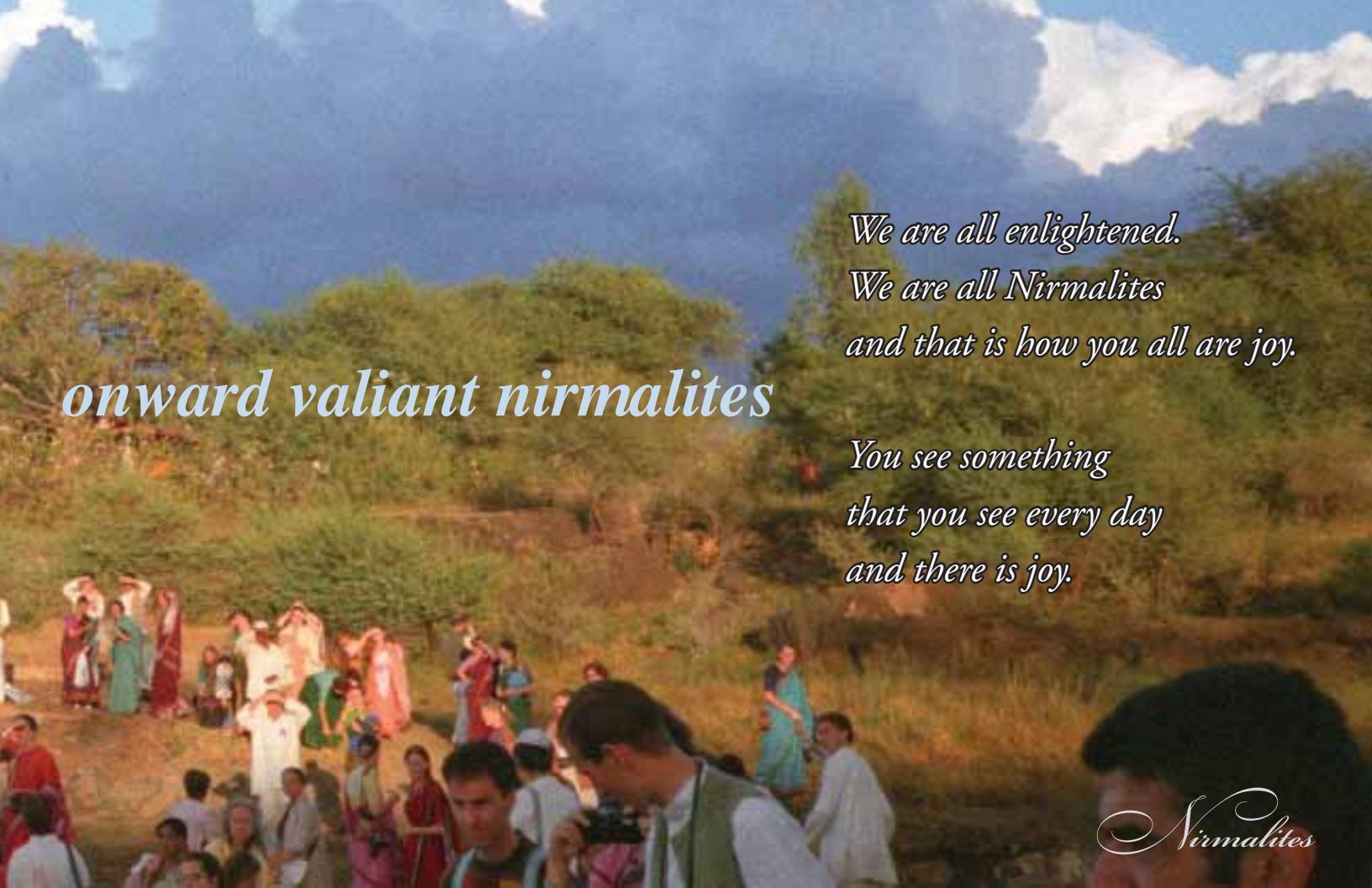
M
is for meditation

*I cannot find any other way but meditation
by which you rise into the realm of divinity.*

Meditation

N is for nirmalite





onward valiant nirmalites

*We are all enlightened.
We are all Nirmalites
and that is how you all are joy.*

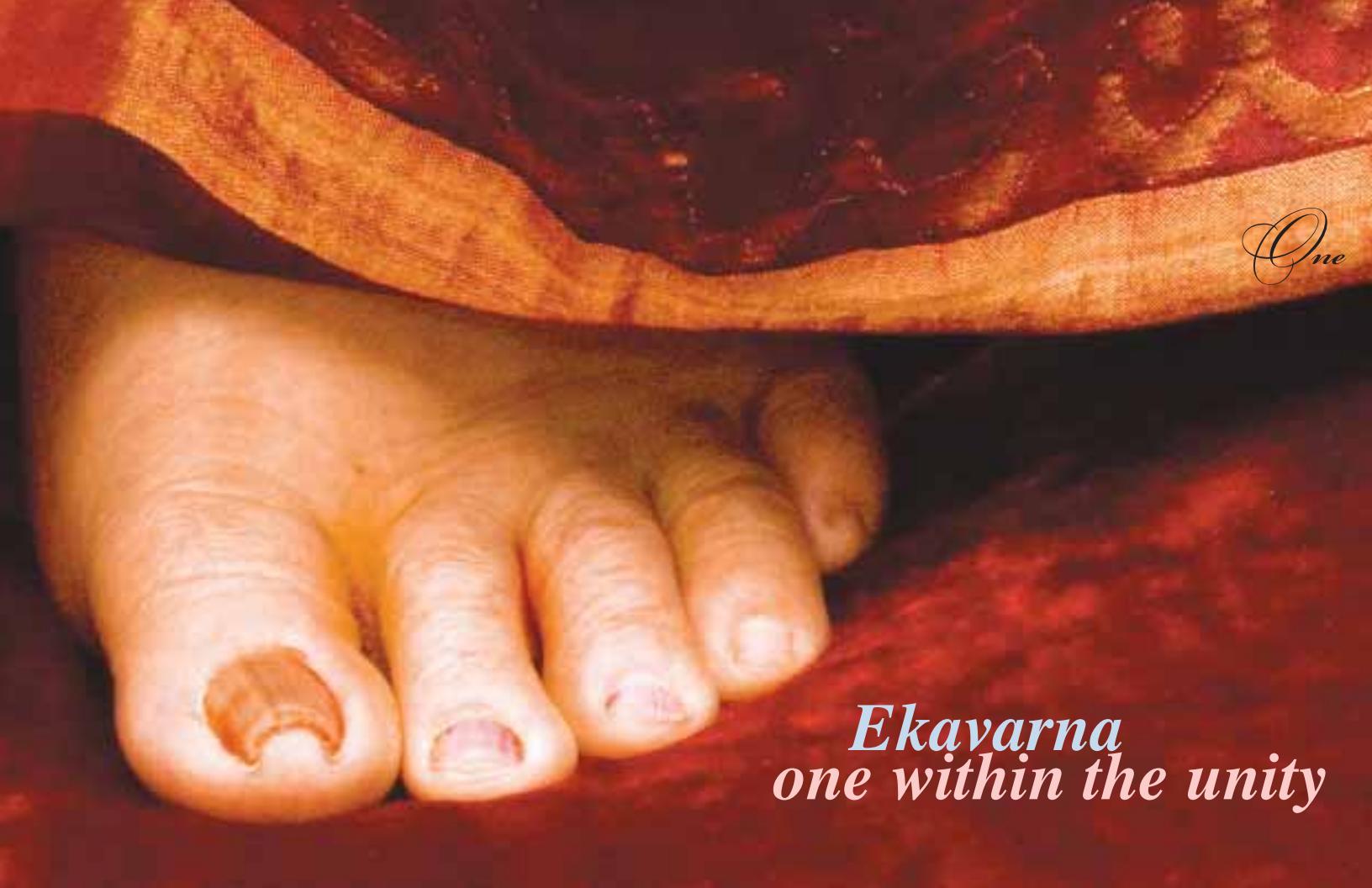
*You see something
that you see every day
and there is joy.*

Nirmalites



*moving with one rhythm,
with one understanding,
with one language*





One

*Ekavarna
one within the unity*

P
is for puja

Pratidina Pujaniye
The one who is to be worshipped every day

Puja really is a triggering thing.

It triggers you into another realm.

Once you have done the puja,

then you can project out much more in your silence only.

Your silence itself becomes so powerful.

Puja



Q

is for qawwali

The qawwali has completely

made My body vibrate.

This is what is love and with this love

we just get immersed.

*Mataji Mataji Mataji
God is one*



Dawwali



R

is for realization

*The beauty of Self Realization lies in secretly working out within you
everything that is virtuous, that is beautiful, that is joyful.*

Without Self Realization, what happens is that reality is just a myth.

Irigenia
the one who brings the dawn of self realization

Realization



S is for sahasrara

*the one who resides
Sahasrara-dwara vasin
at the gate of the sahasrara*



It gives you joy.

It gives you peace.

It gives you capabilities.

It gives you so many things

that you cannot count

like the thousand petals of your Sahasrara,

which are enlightened.

God knows all that you can have with this.

This is such a tremendous area you are in,

the thousand petals.

Sahasrara

Truth

*And the truth is:
everything is illusion
except for the divine love of God
that is all-pervading,
which you can feel through your spirit.*

is for truth

*Lumen Sahajae veritate
the light of Sahaja Truth*



Truth

U is for universal
*When we say it's a Vishwa Dharma,
it is the universal religion we belong to.
First and foremost thing, the essence of that is peace.
The peace has to be within.*

*the universal being
maha-virata
of which everything is a part*

Universal



V V

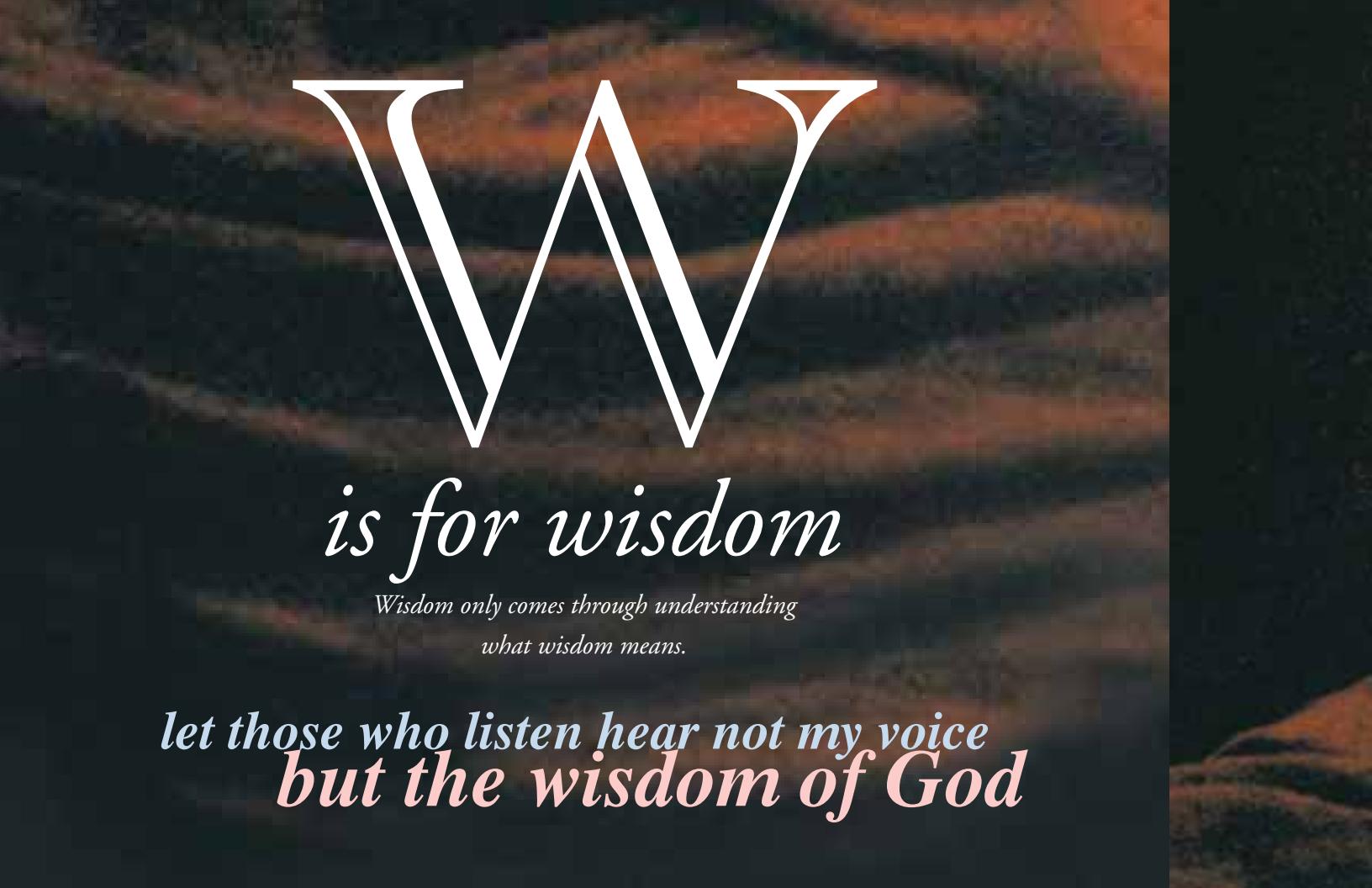
*The joy is the stillness,
the quietude within yourself,
the peace of your being, of your spirit,
that asserts itself into vibrations which you feel.
When you feel that peace,
you feel like the light of the sun,
the whole rays of that beauty spreading.*

is for vibrations

*Vāyu-Vāhana
the one whose vehicle is vibrations*



Vibrations



W

is for wisdom

*Wisdom only comes through understanding
what wisdom means.*

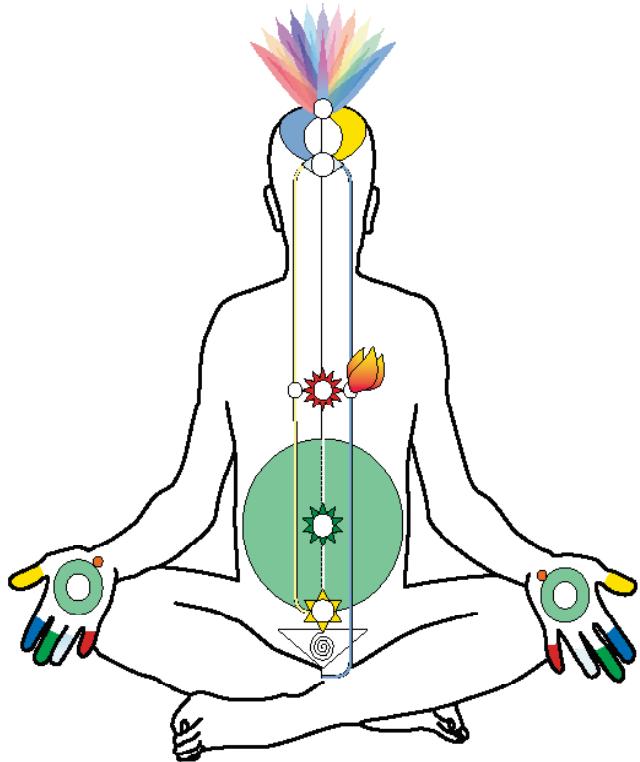
*let those who listen hear not my voice
but the wisdom of God*

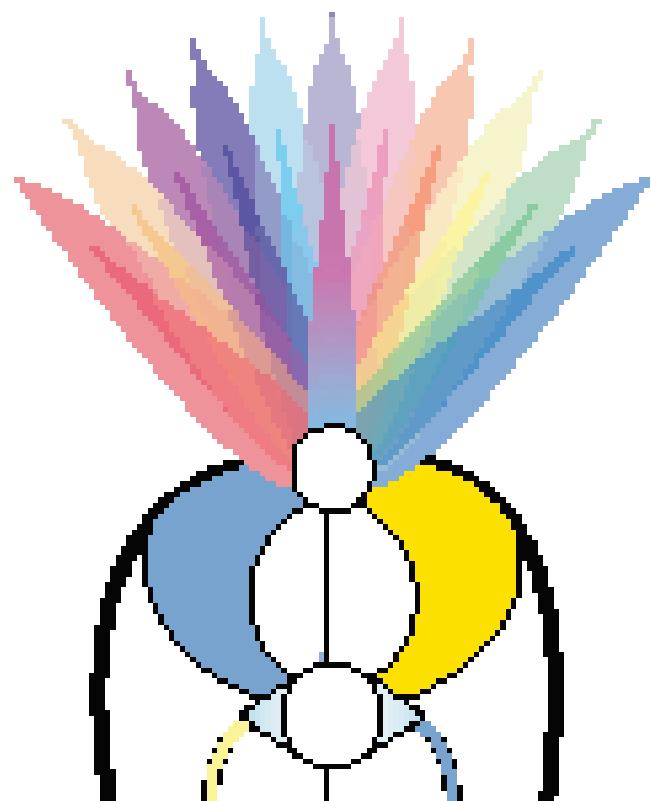
A portrait of a woman with dark hair pulled back, a red bindi on her forehead, and dark eye makeup. She has a gentle smile and is wearing a textured orange shawl. The background is a dark, mottled grey.

Wisdom

X *is for x-ray*

*If you see the original idea why we started
why we started this new kind of a unders.
new kind of penetration,
it is because we wanted to find out
the oneness, the newness in every person.*





Y
is for yoga

Yoga means union with the Divine.

*Secondly it means the deftness,
the trick of it, the knowledge of it.*

*After you get your Realization,
you must know the deftness of it.*

*yoga lakshmi
the spiritual richness of yoga*

Yoga



Z
is for zeal

*the zeal of a warrior
the sensitivity of an artist*

*The same attention,
when it is filled with love and compassion,
it gives you dynamism.
It gives you strength.
It is untiring zeal you get.
And the joy of seeing your reflection
in another person is very beautiful.*

No words can describe it.



Zeal

*A aarti abraham adi guru adi shakti agnya agni anahatha ascent ashram atma attention
aum avatar B bandhan bhajan bhakti bhagavad gita bhavasagara blake brahma deva buddha
C chaitanya chakra chastity chhindwara christmas collective consciousness collectivity compassi-
D darshan dattatreya dedication deity detachment devotion dharma discretion diwali durga
E easter ekadesha rudra elements enlightenment evolution F forgiveness fontanelle G ganesh
gauri god gruha lakshmi guru gyaneshwara H hamsa hanuman havan heart hindu holi
humidity I ida nadi innocence J jagadamba jesus joy K kalki kartikeya krishna kundalini
L lao tse laskshmi leela lotus love M mahavira mantra maryadas maya meditation mohammed-
sahib mother muladhara N nabhi nanaka navaratri nirmala nirmalite O one obe P peace
puja pingala nadi paramchaitanya punya Q qawwali R radha raja janaka raksha bandhan
realization S sahaja yoga sahasrara sangha saraswati satya shiva sita socrates surrender
sushumna nadi swayambhu T thoughtless awareness truth U universal V vibrations vidya virata
vishnu vishnumaya vishuddhi void W wisdom X x-ray Y yoga yuva shakti Z zarathustra zeal*

experiences of this reality, which cannot be described in words

Beyond Words

*You cannot
describe it in words,
but you can really
feel it inside yourself,
that joy of being the Self.*



words of Shri Mataji Nirmala Devi

- A:** 27 September 1980, Chelsham Road ashram, London
- B:** Guru Puja 1992, Cabella
- C:** 14 August 1980, Preston, United Kingdom
- D:** 19 December 1987, Aurangabad, India
- E:** Shri Adi Shakti Puja 2001, Cabella
- F:** 9 June 1988, Vienna
- G:** Guru Puja 2004, Cabella
- H:** 8 June 1979, Wellingborough, United Kingdom
- I:** Shri Ganesha Puja 2001, Cabella
- J:** Sahasrara Puja 2000, Cabella
- K:** 11 June 1979, Caxton Hall, London
- L:** Shri Krishna Puja 2000, Cabella
- M:** Sahasrara Puja 1998, Cabella
- N:** 2 May 1985, Vienna
- O:** Shri Adi Shakti Puja 2004 and 13 June 1983
- P:** 19 July 1980, Brighton, United Kingdom
- Q:** 6 September 1997, Cabella
- R:** 12 May 1983, Hampstead, London
- S:** Sahasrara Puja 2000, Cabella
- T:** 7 October 1981, Houston, USA
- U:** 7 February 1985, Bordi, India
- V:** 4 February 1983, Delhi
- W:** Navarati Puja 2002, Los Angeles
- X:** Shri Adi Shakti Puja 2004, Cabella
- Y:** 10 July 1984, Chiswick Town Hall, London
- Z:** Guru Puja 1989, Lago di Braie, Italy
- end pages:** Sahasrara Puja and 5 July 1998
- back cover:** Shri Saraswati Puja 1983, Dhulia, India

dedication pages: 850th name of the one thousand names of Shri Adi Shakti
A: Shri Mataji's Aarti
B: *Prayer to the Devi* from the *Devi Mahatmyam*
C: the 60th name of Shri Vishnumaya
D: from the *Bhagavad Gita*
E: from *To the Divine Essence of Prayer*
F: from *The Lord's Prayer*
G: from *Guru Brahma, Guru Vishnu*
H: from the sixteen names of Shri Rama
I: the 107th name of Shri Ganesh
J: the 24th name of Shri Lakshmi
K: from *To the Divine Essence of Prayer*
L: from the *Prayer to Shri Santana Lakshmi*
M: from *Praise to Shri Vishnu*
N: from the song *Onward Valiant Nirmalites*
O: the 53rd name of Shri Kartikeya
P: the 84th name of Shri Vishnumaya
Q: from the qawwali *Mataji* based upon *Allah Hu*
R: the 54th name of the Goddess Athena
S: the 95th name of Lord Jesus Christ
T: the 108th name of Shri Mary
U: the 48th name of Shri Krishna
V: the 87th name of Shri Vishnu
W: from *To the Divine Essence of Prayer*
Y: from *The Ten Holy Names of Shri Lakshmi*
Z: Shri Mataji Nirmala Devi, undated letter, translated from Marathi

cover: island of Elba, Italy, 2008 (*Axinia Samoilova*)
dedication pages: mountains near Vancouver Canada
A: Christmas Puja 2006 (*Paul Anant*)
B: hands offering flowers
D: balancing stones, Vancouver Canada
E: sunrise, Clifton Beach in Cairns Australia, 1990 (*Vishnu Bonneau*)
F: Shri Mataji Nirmala Devi 12 May 2007 (*Calin Chiroiu*)
G: Shri Mataji Nirmala Devi, Sahasrara Puja 2007, Cabella
H: havan items at Christmas Puja 2006 (*Paul Anant*)
I: Shri Mataji and child (*Gregoire de Kalbermatten*)
J: Shri Mataji Nirmala Devi
K: school children get Self Realization
L: Shri Mataji and child, Shri Ganesha Puja 2002 (*Michael Markl*)
M: Nevele Falls USA, 2003 (*Phil Trumbo*)
N: Sahaja Yogis in India
O: the Feet of Shri Mataji Nirmala Devi, May 2006
P: Shri Mataji Nirmala Devi
Q: musicians at Birthday Puja 2005 (*Alexey Cherepanov*)
R: Shri Mataji gives Self Realization – details unknown
S: Shri Mataji Nirmala Devi
T: Shri Mataji Nirmala Devi
U: Shri Mataji Nirmala Devi
V: Feet of Shri Mataji, Chiswick UK, 22 August 2006 (*Matthew Cooper*)
W: Shri Mataji Nirmala Devi
Y: a yogini meditating, Sydney Australia, 2006 (*Matthew Cooper*)
Z: Shri Mataji Nirmala Devi
left: Shri Mataji Nirmala Devi
below and back cover: the Italian Alps (*Axinia Samoilova*)

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ABC

We, the body of Sahaja Yoga.

How beautiful we are.

*Always think in the word of *we*.*