



1990
one year in Sahaja Yoga

The audience was small. About fifty employees gathered in the Dag Hammarskjold Auditorium in the early evening. A Sahaja Meditation Society had just two days before been chartered and sanctioned by the United Nations and now the members gathered to hear their keynote speaker. This was a break from their desks, meetings and global concerns. It was a chance to hear the words of Shri Mataji Nirmala Devi, a chance to look within. The topic was spiritual enlightenment, global peace and a better world. It was June 6th in 1990. The venue was the United Nations headquarters in New York City.

ONE YEAR

WE HAVE COME HERE FOR OUR ASCENT AND EVERY MOMENT OF OUR ASCENT IS A FESTIVE OCCASION

1990

a festival of ascent

Perhaps the minds of the UN staff on that day were on
a European arms reductions promise from the Soviet Union.

Or perhaps some were lending assistance to an exodus of
UN personnel in the wake of another civil war in Liberia.

1990

THE WORLD SEEMED FULL OF TURMOIL AND CHANGE.

The first anniversary of the demonstrations and massacre in Beijing's Tiananmen Square was being observed that week. No one could anticipate what would be next.

Within twelve months that same Soviet Union would no longer exist. It would be replaced by a new Russian federation. There had already been free elections in Romania after the previous year's dismantling of the Berlin Wall. In less than four months, the two Germanys would complete their reunification. And in less than two months, Iraq would invade Kuwait. The United Nations building would soon become an even busier place. Now was the time to pause and listen.

On that Wednesday evening, Shri Mataji spoke calmly to the small audience. This was not the general assembly. These people were not decision-makers. They were clerks and administrative assistants. But, as small as the gathering was, it represented the world – on another, perhaps more real level.

Her tone was intimate. She chose Her words to meet the needs of the audience. And, as always, She spoke in terms that were both global and personal.

During Her talk, Shri Mataji spoke of truth and the need to actualize the collective doctrine of the United Nations. She spoke of the Kundalini's role in bringing about that actualization. At the end of the talk Shri Mataji granted Self Realization. She personally greeted everyone and most signed up for follow-up classes. It seemed that the United Nations was finally coming of age.

In the week previous to Her appearance at the UN, Shri Mataji had given similar talks in both Miami and San Diego. Early in the year She had spoken in Australia, India, Italy, New Zealand, Russian, Singapore and the United Kingdom. A medical conference in Moscow, a press conference in Calcutta, to Perth, Melbourne, Cairns, Sydney, Bangalore,

Hyderabad, Jaipur, Leningrad, Auckland and Calcutta – Her appearances for the year were already approaching one hundred and it was still only June.

To come, before the year was out: Athens, Bangkok, Barcelona, Berlin, Bucharest, Budapest, Dresden, Frankfurt, Geneva, Hong Kong, Istanbul, Kiev, Kuala Lumpur, Leningrad, London, Los Angeles, Madrid, Milan, Munich, Paris, Prague, Pune, Rome, Sofia, Taipei, Turin, Toronto, Vancouver, Vienna, Warsaw and the villages and towns of central India, all before the New Year's Day – more than two hundred stops in twenty-six countries, all in one year.

Her travels in 1990 totalled in excess of 135,000 kilometres – more than three times the distance around the world.

In addition to the scheduled talks, there were countless informal events. In homes and airports, halls and schools. Each conversation, every speech was different. And yet each was also the same, highlighted with concern and insight, with humour and love. Every talk served the same purpose. It addressed the need for spiritual ascent.

While another person might say, "Be your better self," Shri Mataji reached for an even higher plateau: "Be your true Self."

And this was not an unusual year, 1990. But it was pivotal. From the late 1970s, through the 80s and 90s and into the new century, Her travels and outreach, Her efforts to create a better world were to continue. Her travels were largely unchronicled by newspapers and undocumented in the popular consciousness, but they were not unnoticed by those seeking enlightenment in a meta-modern world.

In Her own words, when speaking of that year's tour of India, She called it both a pilgrimage and a festival. And so it was for the entire year 1990 and for each of our lives: always a festival of ascent.

I am getting a cool breeze from you

1
january

Sangli India: puja and advice to women

The heritage of our country is spirituality. And this is the nourishment. Only the one-sided growth in the West, due to machinery or whatever you will call it, has ruined it completely. And one-sided growth in this country, and all such countries, where religion has become a blind faith, has also ruined it. But in the centre lies Sahaja Yoga....

I am getting a cool breeze from you. So I want you to be very great Sahaja Yogis – very great. And you should really manifest your powers of wisdom.

JANUARY 2: KOLHAPUR PUBLIC PROGRAM

JANUARY 4: GANAPATIPULE – TALK AND MUSIC PROGRAM

JANUARY 5: GANAPATIPULE MUSIC EVENING AND TALK – ENJOY EACH OTHER

JANUARY 6: GANAPATIPULE – ENTERTAINMENT EVENING AND TALK TO SAHAJA YOGIS

7
january

give it the highest priority Ganapatipule: puja

In India we believe that God Himself takes incarnations with His Vishnu Principle whenever there is the decline of righteousness and He tries to elevate. Every incarnation has done a lot of work and has done also work within ourselves.... What importance you give to everything that you want to do, it is very important. It is the complete attention, dedication and the complete importance that you give to anything that you do. It is very important. If you do not give it the highest priority, it does not work. If it is just by the way, it does not 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. And then just before puja, if your mind is telling you or doubting, just tell him to stop because that mind can act against you. So for the puja, you should be all prepared in a way, in a receptive way and receive it.

JANUARY 8: GANAPATIPULE – MARRIAGES

JANUARY 9: GANAPATIPULE – TALKS AND INTERVIEW

cool breeze



Shri Mataji came and spoke to the grooms and really the tone of that beautiful speech gave the feeling of a talk by a great empress to Her warriors on the eve of a great battle. She stood in the middle of that small pendal, Her right hand on the central support, gently surveying their sparkling faces. There was so much motherly advice to Her sons about how to look after a young bride.

Shri Mataji arrived at the main pendal at midday. A picture of dignity and serenity, She walked up the clay steps, unaccompanied, lightly lifting Her white cotton sari from Her painted feet. She then took a seat on the beautifully carved Indian throne, the lion on Her left and the other conveyance of the Goddess, the tiger, supporting Her right arm. To our surprise and wonder, Shri Mataji gave each of us the beautiful gift of a shawl, each unique, a different design and colour combination.

For the filming of a documentary for Indian television, Shri Mataji came to the beach. The water and sky looked like they never had before – the water glassy, with an offshore breeze. The sky was full of vibrations and the atmosphere one of joyful anticipation. Shri Mataji arrived and, unaccompanied, walked to the water's edge.



Kalwe India: Sankranti Puja

We are at a point where we have to trigger a new jump. A new flight we have to take and for this flight we have to see that we really become very light in our ideas, in our thoughts and in our conditionings. We are so much full of conditionings. All kinds of conditionings are on us. They are so deep that sometimes I fail to understand human beings. I just do not understand how they get stuck to things which are of no value, which have no sense and they get lost. In this higher jump that we are going to take, many will be left behind as a result, those who won't be able to come out of that....

Fully dedicate yourself to meditation and surrender yourself to collectivity and every day you must think in the evening what have I done for Sahaja Yoga? What have I done for myself? Please try to understand that there is a very big jump that we have to take. It is to be triggered and for that I would like you to be ready to be absolutely prepared because in this jump many might be lost and many might be just left behind because they could not get over their conditionings. The conditionings are of various types, as you know very well – of ignorance, blind faith and all other things that we have gone through. Also we have conditionings of our country, of our race, of our styles and so many other things by which we judge others. But we have to judge ourselves, that are we in a Sahaj culture or not? If we are not in the Sahaj culture, then it is going to be very difficult that you board the ship which is going to take us all....

So far I am very happy that whatever I have been telling you and whatever I have been guiding you, you have accepted it very well, calmly and sweetly and that you have tried to imbibe it in your lifestyle. Actually, after some time, I do not think that I will have to tell you. You will get your own light to see for yourself what is right and what is wrong. But still, I would say for all the western people especially, that you must open your heart in the puja, in the music, in anything. Just see that you open your heart. If you cannot open your heart, this won't work because this works to the spirit, which resides in your heart. So please try to open your heart for everything. All your conditionings, all your ego will disappear when you decide that "I have to open my heart in Sahaja Yoga."

FEBRUARY 5: HYDERABAD PUJA

FEBRUARY 6 AND 7: HYDERABAD PUBLIC PROGRAM

FEBRUARY 8: CHENNAI PUBLIC PROGRAM (SANKARA HALL)

FEBRUARY 9: CHENNAI – SHRI KRISHNA PUJA

FEBRUARY 11: CHENNAI PUBLIC PROGRAM (BHARATIYA VIDYA BHAVAN)

FEBRUARY 13: BANGALORE – MAHISHASURA MARDINI PUJA

FEBRUARY 23: PUNE – MAHASHIVARATRI PUJA

FEBRUARY 25: HYDERABAD PUJA

FEBRUARY 28: SINGAPORE AIRPORT TALK

In the evening, while watching a variety show sponsored by local factory workers' children, Shri Mataji surprised us by arriving mid-performance. She asked the European musicians, who had performed so well all tour, to take the stage and sing songs to awaken the Kundalini. Sankranti Puja was held the next morning inside a grassy courtyard and Shri Mataji, radiant, addressed us from Her seat at the top of the temple steps. She urged us to open our hearts and repeatedly urged us to be extremely dedicated and sincere about our spiritual growth. And, with the Shri Ganesha Puja, the atmosphere built, first solemn and royal and then it welled over with joy. In the protective shell of love, it was less difficult to take leave of our Mother and depart to our countries. The last vision was one of Shri Mataji sitting atop the marble steps and Sahaja Yogis embracing one another as family down the long avenue outside the puja gardens.

On 28th February 1990, almost twenty Sahaja Yogis from Malaysia took the short shuttle flight from Kuala Lumpur to Singapore to meet Mother when She arrived in Singapore, in the evening on Her way from Bombay to Perth. As we waited at the exit of the ramp leading from the plane, the vibrations became stronger and stronger as Shri Mataji approached us. The joy bubbled over as Mother emerged. A collective garland of braided jasmine flowers was presented and She then accepted our individual roses. We found a nice place near the indoor waterfall and, as we sat around Mother's Feet, She spoke to us. In Her talk She said that Sahaja Yoga is spreading fast because people are now becoming more aware. Commenting on the situation in China, Mother said that the Chinese government claimed to follow Confucius, who taught that humanity is important, that collectivity is important. However, without Realization, how can one understand collectivity, She asked. Otherwise how could they kill their own people. Mother said that if they were realized souls, they would not have killed the student demonstrators [in Tiananmen Square in June 1989]. Mother expressed regret that China has got a very bad name from this incident. Mother then graciously dealt with us

individually about our spiritual and personal problems. With infinite love and patience, She attended to us, teaching and advising us as the Counsellor, the Comforter and the Redeemer. As we sat on the floor around Her, we were all given the opportunity to massage Her Lotus Feet. Shri Mataji demonstrated Her love and compassion yet again when it was announced that Her flight to Perth would be delayed by one hour. There were cheers all around that Mother had given us the joy of Her company for an extra hour. Afterwards, Mother, with all of us in tow, went to the shops to buy some presents for Her Australian tour and, in a typical gesture of Her love, She bought chocolates for all of us.





one culture

Perth Australia: talk to Sahaja Yogis

Coming back to the basics in Sahaja Yoga, we have to know that in Sahaja Yoga we have no hard and fast rules for anything because you are awakened people, you are saints and you know what is good for you. But you must keep that quality of saintliness within you and certain things you should avoid if possible. And if not that, see what is wrong with your centres. If something is wrong with your centres, you start getting into problems, getting into ideas, some things which are destructive. So it is best to judge yourself first of all – how are your vibrations.... There are certain things missing in Indian culture, something missing in Western culture. We have to understand this, that both are wrong and we are not going to have them – and it will work out very well. For us, there is only one culture and that is Sahaja culture.



MARCH 2: PERTH – TALK TO SAHAJA YOGIS

Melbourne Australia: talk to Sahaja Yogis

A human being is a social being. He is not a person who wants to live in a single way. That is why if you jail someone, if somebody is in jail, it becomes a punishment. Though in the jail you have all the conveniences, everything is there, on the contrary, you do not have to work so hard, you get your food all right, everything is fine, somebody cooks for you, but it is a punishment. And for our ascent it is very important to be collective. It is said that wherever you are together, I reside there.... We understand the essence, now we are on the essence because we are on the Kundalini. Then we must know the essence of joy. And the joy is in sharing.... So you see this love, this affection, this deeper understanding that we have within ourselves, that we are in love with each other, where can we express it...? All over the world we have people. It is like one big body. And as soon as there is a problem with the eyes, some hand is there to help us. That is how we are going to work it out. Do you understand the importance of Sahaja Yoga at this juncture? It is not by the way. It is very important, an extremely important thing. I do not know if you really know about it. Such work was never done in the history of spirituality, in the history of this world or the universe whatsoever. And this is a kind of a mass transformation that is taking place which is going to transform the whole world.

MARCH 5: MELBOURNE – INTERVIEW

MARCH 5: MELBOURNE – MUSIC EVENING

MARCH 6: MELBOURNE PUBLIC PROGRAM

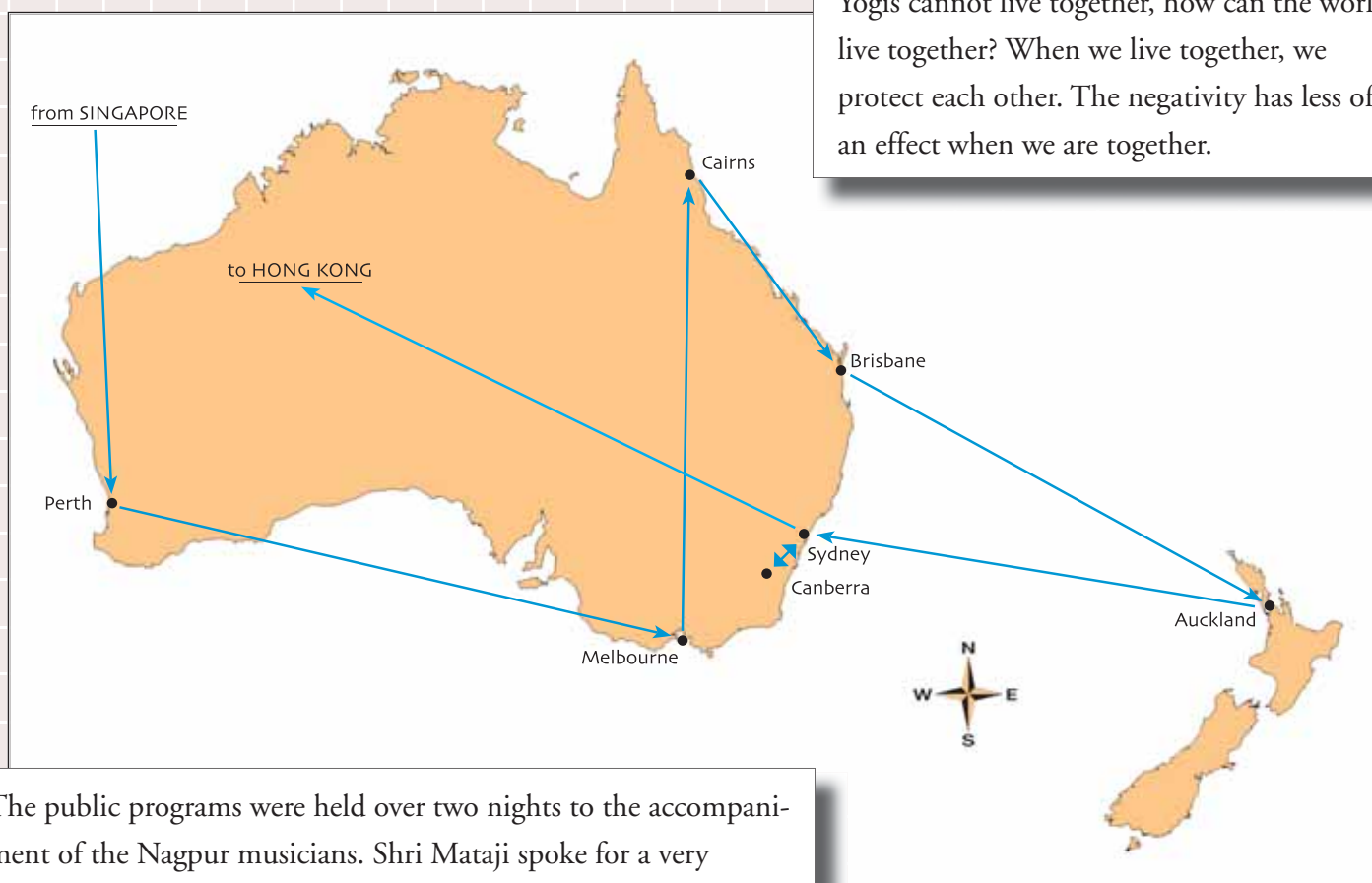
MARCH 7: MELBOURNE PUBLIC PROGRAM

The Sahaja Yogis can enjoy each other very well. It is so sweet, it is, and so beautiful that you all can live together like that. I wish I could all the time be with you all. But it is not in My fate. I have to travel from one place to another. I left them there [in Singapore]. I was so much wrenched in My heart really and I was so heavy that I just closed My eyes trying to get over it. And there I find all the flowers smiling at Me at the airport and the whole thing finished, neutralized. I said, “Now these were also waiting. After all, I have to come for them here.”

SHRI MATAJI, MARCH 4TH

For many yogis it had been three years since they had seen Shri Mataji. For those who were not fortunate enough to go on any tours, it had been over five years. Perth is one of the most isolated cities in the world. It is over three thousand miles from the main population centres on Australia's east coast.

Right on time, Shri Mataji arrived from Perth to a warm reception. She spent much time talking to everyone, receiving everyone's flowers. She commented on how big all the children had grown. We were all invited back to where She was staying. Shri Mataji came to the garden and talked to us. She said Sahaja Yogis should live together. She said if Sahaja Yogis cannot live together, how can the world live together? When we live together, we protect each other. The negativity has less of an effect when we are together.



The public programs were held over two nights to the accompaniment of the Nagpur musicians. Shri Mataji spoke for a very short time before answering questions from the crowd and giving Realization to the people. It seemed that the time She had spared with Her short discourse was saved to meet every person after the program. She greeted each seeker, the look of love and recognition on Her face. It was like She was meeting an old lost friend.

MARCH 8: CAIRNS AUSTRALIA

MARCH 10: BRISBANE — TALK TO SAHAJA YOGIS AND MUSIC EVENING

MARCH 11: BRISBANE — PRESS INTERVIEW AND PUBLIC PROGRAM

MARCH 13: AUCKLAND PUBLIC PROGRAM AND TALK TO SAHAJA YOGIS

MARCH 14: AUCKLAND RADIO INTERVIEW



Auckland New Zealand: Mahalakshmi Puja

I am very happy to be here with you, after such a long time. And I missed you all very much. I know you are very far away from the rest of them, but you are always in My heart and you shouldn't worry about the distance.... If we live on a superficial level of Sahaja Yoga, then we cannot do much for ourselves nor for the country and it is just a wasteful life, neither here nor there. It is like a seed, which is sprouted and has not grown into the tree. So first of all, we have to learn that we have to become very deep people – very deep. We must reach our depth.... It is My humble request that all of you should know that I am your Mother, directly.... I would like New Zealand to come up and to act in a sensible way, so that people should say that New Zealanders are the wisest in Sahaja Yoga.

MARCH 14: AUCKLAND PUBLIC PROGRAM

MARCH 15: SYDNEY UNIVERSITY RELIGIOUS STUDIES PROGRAM



Sydney Australia: talk before katak dance

In our chakras, there are three gunas. Now you start from the fourth – number four. Four divided by three is eternity, so Ganesha can take an incarnation. Then six – six has divided by three, so Brahmadeva does not take an incarnation. Then comes ten. Ten divided by three is again eternity. So the Vishnu can take incarnations. Also all the gurus can take incarnations. Then comes twelve, at the heart. Twelve is divided by three, so Shiva does not take His form, only the Goddess does because it is divided completely. Then comes sixteen. Sixteen divided by three – again eternity. That is why then Vishnu takes the form of Krishna and He incarnates. Two divided by four is the same. So all these incarnations come because the three gunas, when they are divided by the number of petals they have, the number of powers they have. Some can produce eternities so they can incarnate and some cannot. That is why they could not incarnate.

MARCH 16: SYDNEY PUBLIC PROGRAM



Sydney public program

Australia is very far off, but this is the land which is the land of purity. This is the land in the universe that is the first centre that you see there. And Uluru, that you have – Uluru means the Chaitanya. It is the symbol of that purity. So you stand for the innocence of the world. You are such a great nation here that stands for the innocence.... The whole world can be helped with your own purity and beautiful lives.

A live interview with New Zealand's most renowned, but very cynical radio broadcaster was arranged. He started asking some very penetrating questions. The interviewer had diabetes and Shri Mataji explained to the listeners the causes of diabetes and the ability to overcome it through Self Realization. As the interview progressed, he got more and more positive. Then he asked, "Are you a messiah, a prophet?" Shri Mataji did not reply, but he started feeling the cool breeze in his hand. He forgot he was on live radio. "When I bring my hands together I feel like I am holding a cool ball of wind – me, the greatest skeptic!" As this was being broadcast, all the office workers could not believe what he was saying, as it was so out of character. They started coming from their desks and looking through the studio window in disbelief. The interviewer then said that he could not feel it on his head. Shri Mataji worked on him. He asked, "What about everyone else?" She replied, "They can get it too. Just tell them to put their hands out to the radio." It was an incredible scene as the interviewer and all the office workers peering into the studio had one hand directed to Shri Mataji and one hand above their head feeling the cool breeze. Later, Shri Mataji said that, although the interviewer had a bad reputation, underneath he was quite humble and really ready for it. That is why he felt it so strongly.

There were about a hundred people at the Sydney airport to greet Her. Everyone was gathered around the arrival gate indicated for Her flight. The plane had landed, but no one had come out yet. We were all waiting, wondering what was happening. Then there was a shout of excitement and everyone turned around. Shri Mataji had come out of another gate and had walked up behind us. She said She wanted to surprise us.

This was Shri Mataji's first visit to Cairns, a city in the far north of Australia, above the tropic of Capricorn. It's a very tropical, beautiful place, much visited by tourists. During Her visit, Shri Mataji went to the Great Barrier Reef, a two thousand mile coral reef, forty miles off the Queensland coast, one of Her great natural creations of the world. Over the last ten years, an alarming problem has developed, which has had the whole country concerned. There is a particular creature called the Crown of Thorn starfish, which consumes small coral animals, thus killing the reef. Normally there are other predators which help keep the starfish under control. However, in the last few years, the starfish have been in plague proportions, destroying vast areas of the reef. Due to the delicate nature of the ecosystem, there is no chemical solution the authorities can use to control the starfish and it would be difficult to physically remove them. So we have been watching as the reef has been slowly degraded. Due to its vast size, it would be a long time before the whole reef would be destroyed, however the damage already done is disturbing. Shri Mataji met with the mayor of Cairns, who informed Her of this situation. Shri Mataji told him, "Once your powers are awakened, you can do something about it," but he was a bit cynical. While Shri Mataji was in Cairns, She waded into the water for a time and said, "Let's see what can be worked out." A few days later, we were with Shri Mataji on the plane to New Zealand and the news came, informing passengers that something incredible was happening in Queensland on the Great Barrier Reef. Without warning, thousand of Crown of Thorn starfish had been found dead, floating to the surface of the reef area. When She heard this, Shri Mataji said to tell the mayor to have more faith in his powers.

you needed a mother

MARCH 18: SYDNEY – HOLI CELEBRATIONS

MARCH 19: CANBERRA PUBLIC PROGRAM



Sydney: evening before Birthday Puja

My tour of Australia has come to an end. Today is a day I can say it is all very well done. We have had a very good response. I didn't expect that much everywhere. It was tremendous and very great things have happened, some miracles also, during this visit. And one has to know that Sahaja Yogis have to be with great potential manifesting. If they are, then it triggers very well. Otherwise I cannot work it out. For that, we have to understand that in Sahaja Yoga there is no sacrifice of any kind. You do not have to sacrifice anything. It is all the time blessings throughout.



Sydney: Birthday Puja

What enthusiasm all over the world! The whole of Sydney, I think, has been lynched of all the flowers. And such nice things to say – the cards and the letters and the beautiful poems. The children are singing beautifully. Words fail to express the feelings of such jubilation and such sincere feeling of happiness. You needed a Mother to look after you, to care for you and to be able to transform you with a lot of wisdom. So every birthday I find that Sahaja Yogis are also expanding their hearts and realizing that they are no more drops, but they are part and parcel of the ocean and that the ocean itself is going to strengthen them and look after them. It is the ocean that is going to nourish them. And the same ocean is going to guide them. So the connection between a drop and an ocean has to be fully established. So the limitations of a drop have to be absolutely dissolved into the greatness of the ocean.... The words fail. Because Australia is such a far-off country, to come here with so many people sitting and singing *Agata Swagata*, it is unbelievable – unbelievable because I have not given you any money, you have not given Me any money, you are not bound to say anything like that – but not only that you are doing it, but you are enjoying it. It is something great. You are enjoying it and that is what it is, that when your heart is large, then whatever you do for others, you enjoy. You enjoy doing good things. You enjoy saying nice things. So we should have the choicest flowers of beautiful sayings. We should have the choicest emotions, which we should be able to express to each other. Now start on that from today ... that from 1990 we are all the time going to speak something beautiful to each other all the time. And just keep your ears open, keep your eyes open and wherever you get a chance, whenever you hear something like that, keep it in your mind and use it back. Today I am so enamoured and it is too much for Me, really, to believe even that there are so many Sahaja Yogis in Australia, which is so far away. Now it is your responsibility to be sincere about Sahaja Yoga.... You will just think that “We love Mother and we have to be together and we have to love each other and all the time we have to say nice things to each other so that the love increases.”

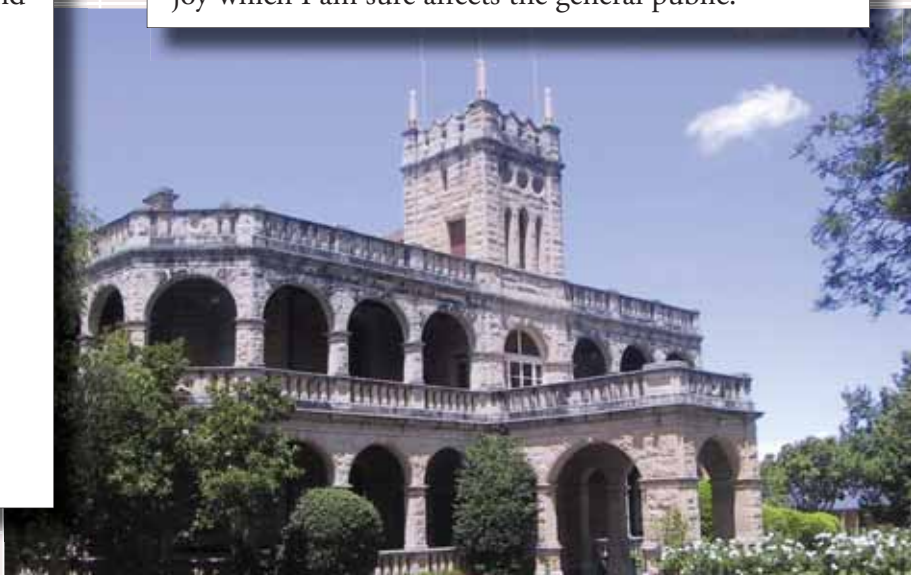
Shri Mataji started cooking for us at 6 am. In all, She spent about six hours cooking. It was such a great experience to witness our Mother cooking four very large pots of chicken biryani – enough to feed hundreds of people. We all helped tend the four large fires in the backyard and all the other jobs required to cook such a meal.

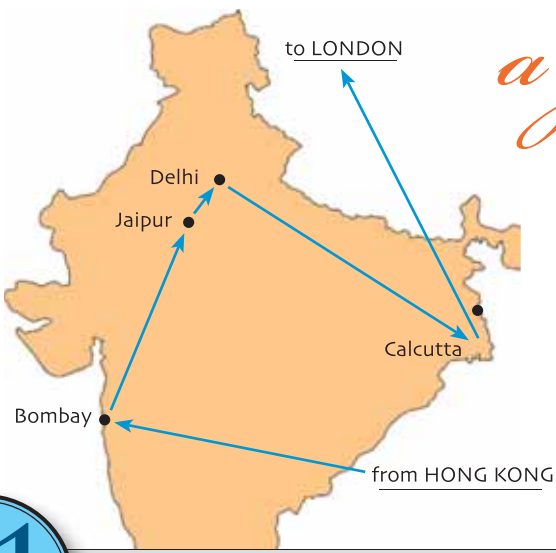
Shri Mataji spoke for some time about collective living, loving each other and working it out together. Her finger works with the rest of Her body. It does not all of a sudden start doing its own thing. She said that Sahaja Yogis should not form groups supporting one thing or another. Know that this activity is against the collective and anything against the collective is a sin in the eyes of God and will be punished, so be careful. She said, “I am your Mother and I have to tell you the truth. You can accept Me or not, but I am what I am – and I am unchanging.” She then said: “When you get to heaven, God is going to ask you, ‘What did you do for Sahaja Yoga?’ and what are you going to say?” The power of Her words left us all speechless.

The venue for the puja was a place known as Curzon Hall, an old federation style manor house of sandstone construction set among English gardens. This place was chosen because it had a ballroom large enough to fit everybody comfortably and the house itself had a grand style of architecture befitting the celebration of our Holy Mother’s birthday. The stage was constructed with a backdrop consisting of a large lotus. The lotus was made of wood, draped with dyed silk and chiffon. At the centre of the lotus was a beautiful arrangement of flowers, giving life and colour to the setting. Around the stage were gathered all the flowers sent from all corners of the Sahaja Yoga world – three hundred roses from Austria, bouquets from England, the USA and from all over Europe. Our Holy Mother was surrounded by a bed of flowers. Shri Mataji arrived as the assembled yogis sang *Swagata Agata* and twenty-one conches sounded in welcome. As She took Her seat, Shri Mataji smiled and said that, as She was entering the hall, She felt that She was entering the ocean of collective joy. She said that She was immersed in joy. Such beautiful things were said that it was overwhelming.



As Shri Mataji’s tour has progressed, most of us have felt a vast increase in the vibrations. The blessings of having Shri Mataji in the country are tremendous. Her physical presence creates such a subtle feeling of joy which I am sure affects the general public.





a great revolution

MARCH 22: HONG KONG

MARCH 24: BOMBAY – BIRTHDAY TALKS

MARCH 28: JAIPUR INDIA PUBLIC PROGRAM

MARCH 30: DELHI – BIRTHDY PUJA

APRIL 3, 4 AND 5: DELHI PUBLIC PROGRAMS

APRIL 7: DELHI – ADVICE TO SAHAJA YOGIS

APRIL 7: DELHI – WEDDING ANNIVERSAY TALK

APRIL 9: CALCUTTA PRESS CONFERENCE

APRIL 9: CALCUTTA – SHRI ADI SHAKTI PUJA

21
april

Eastbourne UK: evening before Easter Puja

If I tell you some of the things that have happened in this short time after I left India, I am Myself amazed that in geometrical proportions Sahaja Yoga is rising very high. But that should not be a complete satisfaction. Individually also we have to rise. And every one of you has to rise. Vertical ascent has to be achieved by all of you. Some might have lost a little bit. Some might have been a little bit away from themselves. The attention might have frittered away quite a lot, but we have to know why we are here and then it is very easy. We are here to be part and parcel of a very great revolution.... So many events are going to happen and we are on the stage and we have to cooperate and coordinate and understand.... I have given you all My powers. They are at your disposal. But there is one thing: you have to be detached like Me. You have to have concern for each other, complete detachment.... Resurrect from the sense of time, sense of aggressiveness, sense of worldly things – mundane, useless rubbish they are – and fly out into the open sky.

22
april

Eastbourne UK: Easter Puja

Be aware that the twenty-first year is going to be a very big jump. I am warning you again and again, and again and again. And you have to work very hard to develop yourself vertically, in balance with your horizontal growth. It is not My lecture for entertainment or anything, but it should go to your heart, to your brain, to your being, as this is very important and you are not going to waste it. All the time you have to think that you are a Sahaja Yogi and you have to know what you have to do in Sahaja Yoga and how to achieve it. You should not be satisfied unless and until you have achieved that excellence.... If you try just to exploit Sahaja Yoga, you will be exploited, too. But it is for the exploitation of joy. But that is only possible if you grow, you touch your depth. If you are not deep enough, you will hang in the air, as I said, and that has to be worked out. That has to be found out, how best you can do it, how much you can reach people, how many people you can give Realization, how many people you are going to help improve their health, their mental conditions and then how much you are going to talk about Sahaja Yoga. So that is going to work out what I call the collective ascent of human beings.

The puja in Calcutta was the first puja to the Adi Shakti. All the shaktis arise from the Adi Shakti and get absorbed back into Her. Only the Adi Shakti can do this work because She has supremacy over all the chakras. She knows the subtlest of subtle. The Adi Shakti is of the nature of Mahamaya, “otherwise you cannot approach Me.” Shri Mataji said we should understand that we are “tied by a subtle and strong thread” and there is nothing greater than love for one another. The feeling of “mine” takes away from the spirit.



Only one gentleman from Delhi went down to Jaipur to organize. And the Jaipur people said, “It’s very difficult, you see, here.” He said, “No, I’ll have the program in Govinjis Mandir, where nobody can have a program. I’ll go and see the maharani.” So the maharani would not meet him. He was insisting. He was sitting there, waiting for her. Ultimately he got a chance. He went and talked to her. He showed her My photograph. Immediately she took to Me. She asked about Sahaja Yoga, “What is Sahaja Yoga?” Then she said, “Give me Realization.” She got Realization. The maharaja got Realization. They said, “Yes, you can have the program here.” She said, “I’ll come to the program.” She came down herself. She fell at My feet in the public, sitting there all the time, her husband sitting there and somebody offered them some water to drink. They said, “How can I? She is the Goddess. I can’t drink before Her.” She sat there. Imagine, she just got her Realization – what a depth! But that’s not enough. They have one festival called Gangaur

that is a thing where they worship Gauri. That is the biggest festival where the queen, maharani has to worship the Gangauri. It is a statue which goes round the whole of Jaipur state and everybody celebrates it. It is regarded as the biggest festival. So in the morning she came and touched My feet and she said, “Mother, can I worship You?” I said, “Why?” “Because You are my Gangaur, really. That is just a statue.” She made me stand the same way. She did everything. She made Me eat betel. I don’t eat all that, but she said, “You have to. You are Gangaur, so You have to eat it.” And she worshipped Me and her whole rituals she did for about forty-five minutes and then she said, “Now I’ll go and worship that statue.” Nobody is allowed to go there. She took Me there. She made Me sit in a very nice place, like this, decorated. How much she respected Me! Among all the maharajas, Jaipur is the highest and that maharani is the highest lady.... Just from Realization only, she completely got drenched into Sahaja Yoga.

SHRI MATAJI, APRIL 21ST

mahayogis now

MAY 1: MOSCOW MEDICAL CONFERENCE

MAY 5: FIUGGI ITALY – SAHAJA YOGA AND MEDICINE



Fiuggi Italy: Sahasrara Puja

All these years, I have been waiting, for this day. We have now the twenty-first Sahasrara, so it is a very important turning point.... 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 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? *[A roar of thunder is heard.]* So far we had kept Sahaja Yoga at a low ebb because I wanted you, first of all, to develop into really very beautiful Sahaja Yogis, so that from your life, from your lifestyle, from your behaviour, from your understanding, from your thoughts, people will realize that these people are very unique and a very different type of people. Now that assumption has to be there. You have to understand that all these powers are bubbling in you and just out of formality or maybe out of shyness or maybe a little cowardice, you are hiding them.... This is the new era we are starting from today. And this is the day I was waiting for all of you to realize that you are not Sahaja Yogis for only your selfish ends, nor for your families, nor for your communities, nor for your country, but for the whole world. Expand yourself.... Any person who is a king and does not belong to his kingdom is a failure, is useless. If he thinks about himself, about his own comfort, about his own fame, about his own achievements, then he is a failure. He has to think about the country on which he is ruling. In the same way, you have to also turn your mind away from all these petty things that you have been dealing with.... 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.... Today we have here people from all over the world. And you go and tell this message to all the rest of the people whom I have not met, that “Mother has already announced – through the Vishnumaya also – that you all have become now mahayogis.” And try to express that. Manifest that with full confidence in yourself. And with this power of love, I am sure you will all win over.

MAY 7 AND 8: ROME PUBLIC PROGRAMS

MAY 9: PERUGIA ITALY PUBLIC PROGRAM

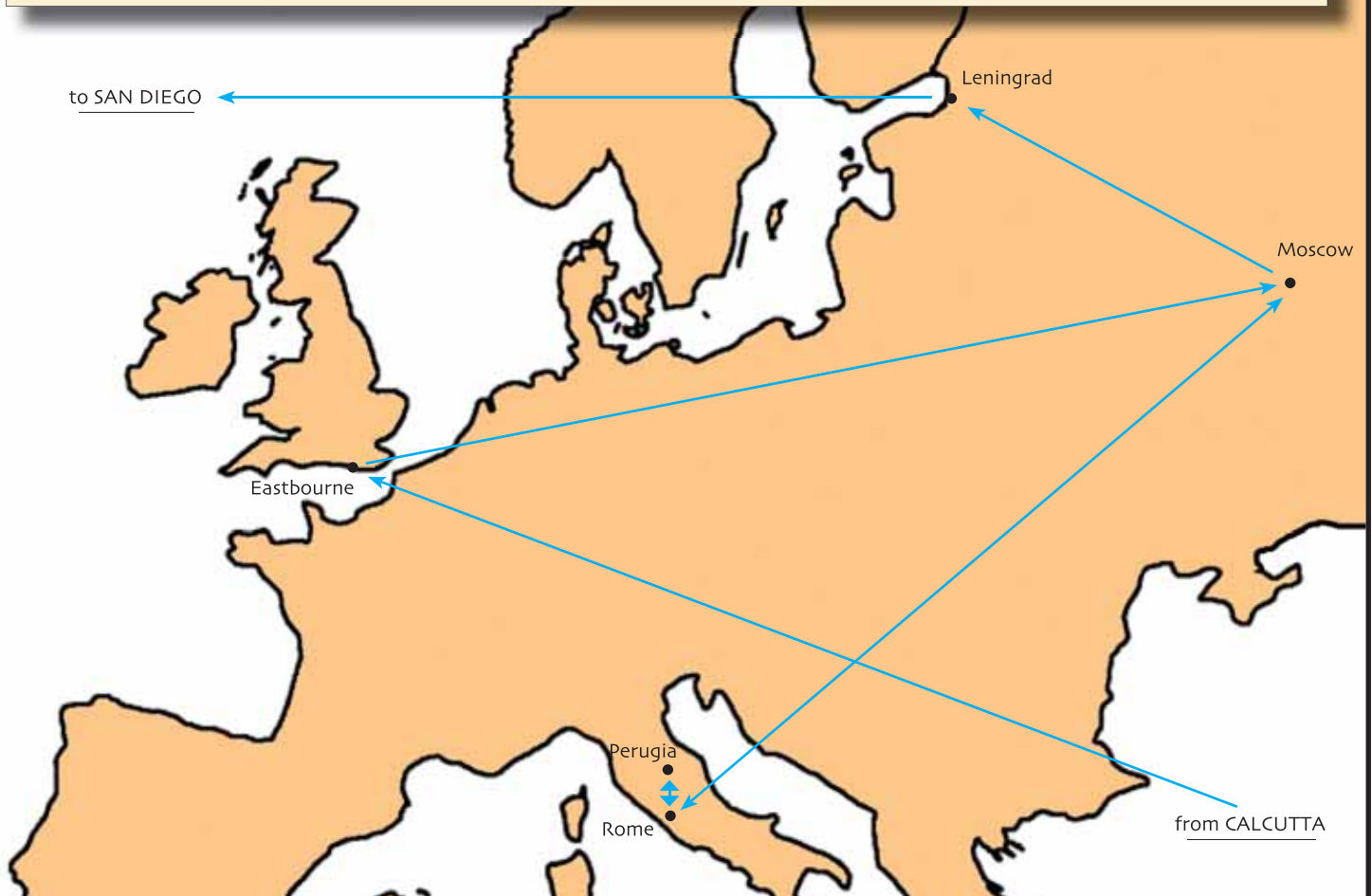
MAY 10: MAGLIANO SABINA ITALY

MAY 12 & 13: MOSCOW PROGRAMS AND MEDICAL CONFERENCE (DATES APPROXIMATE)

MAY 14: LENINGRAD – SHRI BUDDHA PUJA

In Russia people were just waiting for a Mother to come, that's all. They are Mother worshippers to begin with and they were wanting somebody just to love them, every one of them, to tell them about love because they felt they were never loved by their mother.... The pattern of the government there and the pattern of the people are two different types. The government people are very – you can call them very dominating, extremely strict and exploiting type. But the people are the exploited ones.

SHRI MATAJI, MAY 28TH



I was surprised at Russians, who have never known the name of God. They were not supposed to know anything about God, Christ or anyone, no conditioning of any religion whatsoever. But you will be amazed in My first meeting only, there were two thousand in the hall and two thousand waiting outside. The whole of Leningrad was there. I was amazed at them, surprised. Look at these people. They have never known of God or anything and how am I to talk to them about God? And I did talk and you will be surprised that Moscow was even worse. We had to arrange a big, huge, open place for them and it was impossible to control these people because they were so many. And now the government has taken over and they have publicized Sahaja Yoga on the television.

Everywhere you go, they know Me very well and they know about Sahaja Yoga. Just imagine these people, who have been all the time cursed by communism, as they say, had no freedom of choice, nothing, but they are not materialistic people. They are not materialistic because the matter, whatever was available was available, whatever was not available was not available. Like on the ship, if something is available on the ship, it is there. Otherwise it is not. So they have no problems and no solutions, that's why. If there are no solutions, how can there be problems? So they had to deal with whatever was available. And this is the reason why they are very, very, centrally placed people.

SHRI MATAJI, JUNE 3RD

It is another great pleasure to come to America to meet all you people here. This one is a very important country in the field of spirituality. Not because it is a large country or because it is very prosperous, but because it is the Vishuddhi in the plan of the Virata. The Vishuddhi is such an important chakra. It has a very great manifestation also. For example, it has another subsidiary chakra, which we call as the Hamsa chakra. And the star which is increasing this centre – we say the star that resides on which this centre is working – is Saturn. And as you know with Saturn, there is another small little Saturn moving. In the same way, with this Vishuddhi chakra, there is another one which is a very important chakra, which we call as the Hamsa chakra.... So we are really on a warpath in America, I must tell you – for Sahaja Yogis, really on a warpath. Unless and until you take up Sahaja Yoga as your only concern, it is not going to work out.... The first thing that the Sahaja Yogis must have is collectivity in America because America stands for the Vishuddhi chakra, which is manifesting collectivity within us. And if people cannot be collective, then how can you have Sahaja Yoga manifesting here? Impossible – because that is the greatest quality you have. That is the basic power you have in this country. It is the collectivity within you.... A Sahaja Yogi is the one who is completely connected with this Paramachaitanya.... Understand that to be in Sahaja Yoga is only possible if we are having that depth because a new jump is needed in Sahaja Yoga, which will work out, which is working out and many will be thrown out. You have to jump. And for that jumping, you really need people who are honest and deep and serious. Do not get lost into frivolous things and worldly things. Just seek your depth. It is all there, so beautiful.

MAY 30 AND 31: SAN DIEGO PUBLIC PROGRAMS

JUNE 3 AND 4: MIAMI PUBLIC PROGRAMS

JUNE 5: NEW YORK – TALK TO SAHAJA YOGIS

JUNE 6: NEW YORK – NEWSPAPER INTERVIEWS AND UNITED NATIONS PROGRAM

JUNE 7: NEW YORK RADIO INTERVIEW

JUNE 7 AND 8: NEW YORK PUBLIC PROGRAMS

JUNE 11 AND 12: MILAN PUBLIC PROGRAM

JUNE 14: MADRID PUBLIC PROGRAM

JUNE 15 AND 17: BARCELONA PUBLIC PROGRAMS

Four hundred people awaited the awakening of their gift from God. They were white, Chinese, Indian, Hispanic, young and old. They smiled proudly as Mother praised their diversity and the creativity of God. They listened to Her wisdom, willingly received their Realization, then eagerly swarmed to Her Feet. This time, even New York – usually bold and defiantly diffident – was prepared to participate, glorify and behold the Mother.

Shri Mataji arrived in San Diego on Saturday May 26th in the evening. Yogis from all over the country had gathered to greet Mother's plane and there was a feeling of anticipation and hope that many seekers might get their Realization and take to Sahaja Yoga. The children, who seemed to have sprung up overnight, ran to Mother with flowers in their hands and She exclaimed, "I must take flowers from the children first."

Shri Mataji explained that we are ardent seekers and that, through our frantic seeking for truth, many of us have gotten into trouble, gone down the wrong path. She said that Americans are the greatest seekers, but we do not have the wisdom and the discrimination that the Russians have. She posed the question, "If the Russians are so sensitive, why not the Americans?" She also spoke about racism and the ignorance that causes racism. We are all universal beings, just made a little differently to allow for variety in the beauty of creation. When all the questions were done, She gave Realization. Shri Mataji met all those who came on stage and worked on all of them.

Puja was offered to Shri Mataji, who sat in great beauty and splendour. The talk addressed the Vishuddhi chakra, but there was a tremendous feeling of heart, of fear being removed and confidence restored. We worshipped Shri Mataji as the Devi. Much to our amazement, it was announced that Shri Mataji had brought gifts for all the yogis. Mother showed concern for our Vishuddhis by giving the men watches and ties and the ladies perfume, scarves, earrings and necklaces. There was such warmth and love in this exchange, a feeling that "Yes, there is a great deal to be accomplished here, but we have the power within us to do it. Our Mother has told us so and She has given us such love." There was a clear understanding that we must rise higher.

No one left the hall without feeling that a profound thing had occurred. Later in private, Shri Mataji said that this is a land blessed by God. Last year it was a gate to hell. It is humbling indeed to see that the Feet of the Divine can change a place from hell to heaven.

Shri Mataji graced the world famous Apollo Theater with Her divine presence. The occasion was a fifteen minute live radio interview before a studio audience. Arriving just five minutes before showtime, Shri Mataji listened as the hurried host ran down a list of questions he would ask. "Remember," he said, "you're my guest and I'll treat you as my guest." Shri Mataji smiled, thanked him and took Her seat on stage. Shri Mataji explained Kundalini and Sahaja Yoga. The repartee between Her and the host sounded beautifully rehearsed, belying the three minute backstage introduction. Her comments were

often punctuated by applause, especially when She said Sahaja Yogis hit lots of "jackpots." Her divine blend of love, wit and wisdom melted the hearts and thoughts of the audience. Fifteen minutes came all too soon and the show was over. The host said a reluctant goodbye. As he escorted Shri Mataji from the stage, he hugged Her and thanked Her for coming to his show. He concluded by extending Her "carte blanche" for future appearances. As She left the Apollo Theater, the usual lacklustre veneer that reflects Harlem's poverty seemed beautifully transformed.



Barcelona: Shri Mahavira Puja

Today we are going to do puja of Mahavira and we never had this puja before. The reason for this was that Mahavira's life was an ascetic's life, just like Buddha.... Unless and until you touch your depth, you will become like any other religion because you won't be actually Sahaja Yogis, just nominal. So we have to work in such a manner that we understand ourselves and we understand our attention and we try to ascend. I do not have to tell you. You yourself have to work it out in such a manner that you touch your depth and you become an ascetic within yourself. Then only you will be really doing the divine work properly with proper understanding. Sahaja Yoga is the integration of all these great prophets and these incarnations. So I have to tell you that, whatever were your conditionings and all that, to get rid of them. You must get out of this ocean of illusion. So this is the only thing I can just now say about Mahavira.... I hope My lecture goes into your head and settles into your heart and you understand what you have to do about yourself, about your ascent. You have to be genuine people. Then only it is going to show results in the whole world. I hope you will pass this tape to all the people, so they should know why I did not have Mahavira's puja all these years.

JUNE 17 AND 18: BARCELONA – TALKS TO SAHAJA YOGIS

JUNE 18: VIENNA PUBLIC PROGRAM



Moedling Austria: Shri Kundalini Puja

If you really want to achieve the full results of your ascent and if you want to really transform the world, then you must know you have to be ideal people. You cannot be problematic people.... You have to have full determination and understanding that this is a tremendous work and a tremendous task. And all your powers to be awakened within yourself, you have to be first of all fully equipped with readiness, readiness to serve the Divine. Unless and until you have that readiness, that “I don't want anything. I don't want. I just want to serve the Divine” – as long as you are striving for it and asking for it with a full heart, with full sincerity, then I am sure this Kundalini will be strengthened and She will cleanse you completely.

JUNE 19: VIENNA PUBLIC PROGRAM

JUNE 20: VIENNA AIRPORT DEPARTURE TALK

JUNE 22 AND 23: ATHENS PUBLIC PROGRAMS (DATES APPROXIMATE)

JUNE 23-24: HYDRA GREECE – SHRI MAHALAKSHMI PUJA

JUNE 24: ATHENS – TALK TO LADIES

JUNE 25: MOSCOW PUBLIC PROGRAM

JUNE 26: MOSCOW PRESS CONFERENCE AND PUBLIC PROGRAM

JUNE 28: LENINGRAD PUBLIC PROGRAM

JUNE 28: LENINGRAD – TALK TO SCIENTISTS



Imagine, in Greece, Sahaja Yoga is only two years old. Only two years old, Greece, but that is a traditional country. It is an ancient country and the way the Greeks have really fallen into Sahaja Yoga is beyond.

SHRI MATAJI, MARCH 12TH



After Austria, Shri Mataji went to Greece, where She blessed this country with two public programs, which were attended by approximately thirteen hundred seekers. A puja to Mahalakshmi was performed in a huge house on the island of Hydra surrounded by the Aegean Sea. The whole time Mother was in Greece, She worked intensely on the Nabhi and gave a lot of speeches on Lakshmi Tattwa. She went shopping almost every day and gave Realization to shop owners in the well-known shopping region of Plaka in Athens. She bought lots of presents, showing us always how to save money, although buying high quality. Looking at everything which She had bought, we experienced the joy that matter can emit if vibrations are put inside.

the guru within

JUNE 29: MOSCOW MEDICAL CONFERENCE

JUNE 29: KIEV UKRAINE PUBLIC PROGRAM

JUNE 29: KIEV MEDIA INTERVIEW

JULY 1: MOSCOW PUBLIC PROGRAM

8
july

Avignon France: Guru Puja

In Sahaja Yoga, the Guru Puja has a very different significance from any other guru puja. When you worship your guru, you are also worshipping the guru within you. This is not in any other guru-disciple system because, in you, the guru, the master has been awakened. And so, when you are worshipping your guru, then this master within you is also worshipped. You respect it, you glorify it, you awaken it and you manifest it. This we have to realize.... All of us are now sitting like in a big *vimana*, like an airplane, and we all have to land into the beautiful area. But first of all, we have to develop that humility in your heart. Complete humility and surrender, that is very important. Unless and until you have that humility and surrender in your heart, the guru principle cannot be awakened. First, you have to be the disciple and then the guru. So you have to develop that humility. And that humility comes very easily if you love Me, respect Me. It is not only love, but respect. That respect has to be there and then people will respect you.

JULY 9: LONDON – SIR CP RECEIVES KNIGHTHOOD

JULY 13 AND 14: WARSAW PUBLIC PROGRAMS

JULY 16: BERLIN PUBLIC PROGRAM

JULY 17: BERLIN – TALK TO SAHAJA YOGIS

JULY 17: DRESDEN PUBLIC PROGRAM

JULY 19: PRAGUE PUBLIC PROGRAMS

JULY 21: VIENNA MUSIC EVENING

JULY 22: BUDAPEST PUBLIC PROGRAM

JULY 23: BUDAPEST PUBLIC PROGRAM

JULY 24: SOFIA BULGARIA PUBLIC PROGRAM

JULY 25: SOFIA PRESS CONFERENCE AND PUBLIC PROGRAM

JULY 27: VIENNA – ARRIVAL TALK AND MUSIC EVENING

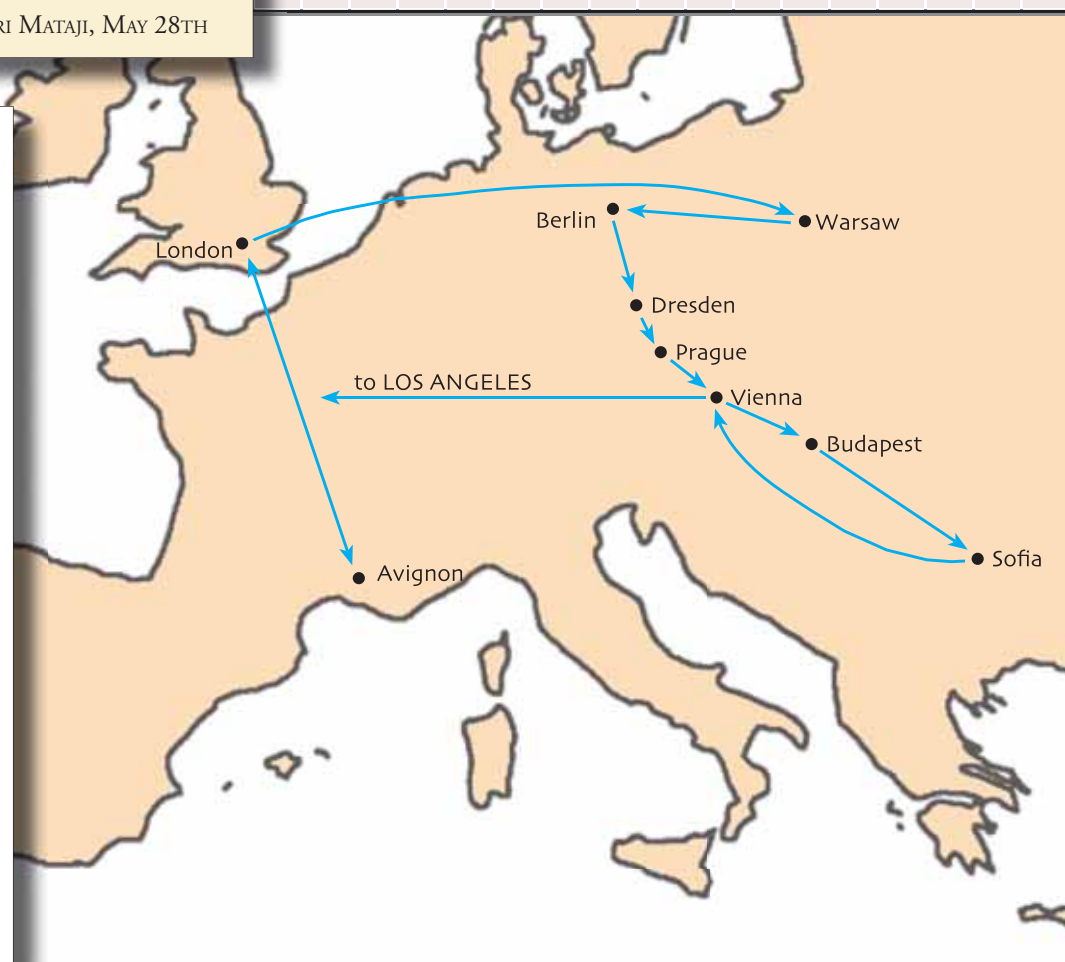
Thirty journalists from leading papers and magazines met for a press conference at the hotel. Shri Mataji talked and answered questions for more than two hours. She said that yes, She was able to read thoughts and perceive deities and other beings present, but Her sole interest was to give Realization. After all, Christ had promised a Comforter, a Counselor and a Redeemer.

The divine discretion that manifests through your Hamsa chakra first started in Germany. And now you see how East Germany is entering into the German territory, West Germany, and how they are welcoming them, looking after them.... In those countries where there has been a tremendous war problem and they had czars and they had to go through hell, even Germans had to suffer a lot because of Hitler's misguidance. They have known hardships. They have known sacrifices. They have known all kinds of ordeals they had to go through.... Hardships have been in all these countries which we call as the Eastern Bloc. And Sahaja Yoga is spreading like wildfire in all these Eastern Bloc countries, where they have been completely under the rule of Russians, we can say, or under the rule of terror. And the same terror has acted in Russia, throughout. In that terror, in that fear, it is surprising how this wisdom has grown in all these people much more than in countries where we have the greatest affluence, the greatest comfort of life. The hardship has taught them. The fear has taught them to be wise. And the best part is the discretion.

SHRI MATAJI, MAY 28TH



At the airport, Shri Mataji expressed Her concern that the hall we had rented, with its capacity of 2800, might not be large enough. When we arrived at the hall, half the people in the tram got off with us and stood outside. It was impossible to be in Sofia and not know about the program. People had even come from Plovdiv and Varna, hundreds of miles away. Well before the program started, the hall was full, with people crammed into the aisles and surrounding the stage. The excitement and pressure of the crowd entering the hall was so great that a large glass panel outside was broken. Fortunately a stadium had been booked for the next evening.





my promise to you Los Angeles: Raksha Bandhan Puja

You have got, of course, Realization. You have got great qualities. You are not even aware as to what you have got so easily. You have got the knowledge also so easily and did not have to go to college or anything and you are capable of so many things. But remember that the power that is within you is cleverer than you and anything you try to do which is not correct, which is not righteous, which is not holy, it will try to correct you. So try to be a deeper person. Try to understand what is behind this person, what is the spiritual quality of this person and then only you will know that pure relationships are so fragrant and so beautiful. I really enjoy you people because you have such pure relationships among yourselves and such understanding.

AUGUST 10: VANCOUVER PUBLIC PROGRAM



Vancouver: Shri Saraswati Puja

When they asked Me what puja we should have in Vancouver, I had heard about this ashram, that it is placed in very beautiful surroundings of nature and, as nature is being created by the power of Saraswati, I thought best would be to have the puja of Saraswati here. Another thing is that when people live in nature, they become extremely creative. Their delicate feelings are preserved and they are never in a rush or they are not what we can call too much modernized because nature soothes them down. So also the creativity of Saraswati adds to the artist and I knew that there must have been many artists in this country created since long. Canada as such, I feel is the Hamsa Chakra of the Vishuddhi.

AUGUST 13: TORONTO CANADA

AUGUST 17: IPSWICH UNITED KINGDOM – TALK TO SAHAJA YOGIS



Ipswich UK: Shri Krishna Puja

One thing you must ask in your prayer in the evening when you are sleeping, “What have I done for Sahaja Yoga?” One sentence – all of you just ask this question: “What have I done for Sahaja Yoga?” Persons like Me or Shri Krishna or anyone, we do not even feel we are doing anything. So what can we ask? If I want to ask Myself, I will fall into an ocean I think. I don’t know. I will be lost. If I want to analyze Myself, I get lost. If I want to think about Myself, I get lost. It is beyond Me. Then let it be. It does not matter. I do not want to know Myself. But you better know yourself. You can’t be Me. So as far as I am concerned, I only think that, as long as I live – I don’t know, I may live forever, I am living forever maybe, you might say that – but whatever it is, as long as I am on this Earth, I will see that Sahaja Yoga is fully established. This is My promise to you.

AUGUST 23: LONDON – TALK TO INDIANS

Shri Mataji said we should offer this puja as a Shri Ganesha Puja because the essence of the raksha bandhan, the brother-sister relationship, is innocence and purity, which are the aspects of Shri Ganesha. As we said Shri Ganesha's names, Shri Mataji took the mantra book and started reading the names and explaining them to us. After the puja, Shri Mataji said that during the puja, in meditation, She saw Shri Ganesha and that the Muladharas of all the yogis were shining.

Just before sunset a big thunderstorm developed right over us. The cloudy sky was bright orange, reddish and violet. It became dark quickly and soon the first lightning and thunder came down from the sky. It was raining heavily. Mother asked everyone to watch the thunderstorm because She said that She was orchestrating it. So we all stood in front of the windows beholding big lightning bolts that shot down right in front of us, right into the ocean. Every two to three seconds the lightning struck in different parts of the sky and it went on for hours. Mother described it as a real fireworks. The next day local newspapers reported that the lightning had struck sixteen hundred times. Later in the evening, the lights in the ashram went out. There was no electricity in the area due to the lightning storm. A lantern and two party candles were brought in and the bhajans continued.



Late at night the puja commenced. The stage was redone according to Shri Mataji's directions. To one side, Shri Krishna stood in the chariot explaining the truth to Arjuna. On the other side, Shri Krishna was depicted lifting Mount Govardhan with one finger. The puja was very powerful, the rain cascading, blowing around the tent. Shri Mataji was offered a pair of dandia sticks, which She took up and played victoriously. Dandia sticks, hand-painted in America, were distributed to all. The sticks were gleefully taken up by the crowd. Many stood up and danced to keep time to the music. A wonderful array of musical instruments was presented to Shri Mataji. She explained that the instruments, which were slowly going out of circulation, would be revived now. She especially loved a rare antique organ and a tiny guitar-like instrument. They were all played for Her or by Her. The puja ended at nearly 3 am. We felt Shri Krishna had been roused from His great slumber and we were grateful to Shri Mataji for being able to reach Him through the Heart of the Universe.

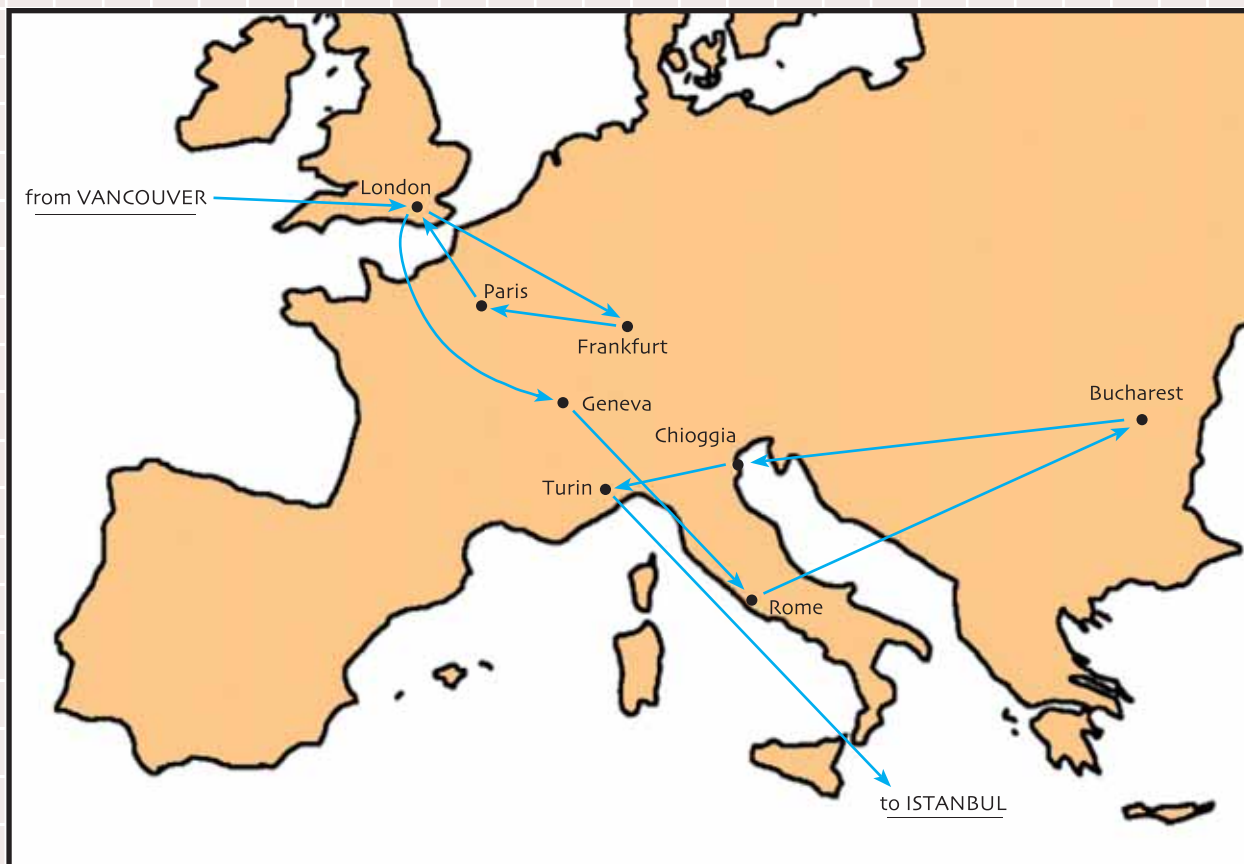


Today we are celebrating the birthday of Shri Ganesha. You all know the story of His birth and I need not repeat it. But as He was created by the Mother only, by Adi Shakti, in the same way you are all created after Him. So you are on the path of Shri Ganesha already. Your eyes sparkle the same way His eyes sparkle. You all have the beautiful glow on your face as He had. Whether you are small, big or old makes no difference. All the beauty comes to us through the glow of Shri Ganesha. If He is satisfied, then we do not have to worry about any other Deities because the power of all the Deities is Shri Ganesha. He is like a vice-chancellor sitting on every chakra. Unless and until He signs, the Kundalini cannot cross through because Kundalini is the Gauri and is the Virgin Mother of Shri Ganesh.... So let us try to be innocent within ourself. Be proud that we are innocent. We need not be smart people. Smartness is your mental attitude and innocence is your innate quality, which is connected with this all-pervading power.



Schwetzingen Germany: Shri Hanuman Puja

We have come here to do Hanumana's Puja. Shri Hanumana is a great character in our being and He runs all the way from the Swadisthana to your brain. And He supplies all the necessary guidance we need in our futuristic planning or in our mental activities. He gives us guidance and protection.... I wish sometimes you could get His photograph also, as you have got the photographs of Shri Ganesha. Then you will really fall in love with Him. He is such a sweet thing. And although He is so huge and so big and though He has nails, but when He caresses My Feet, He pulls back His nails. He is so gentle, extremely gentle, and very beautifully He caresses My Feet. And I have seen Him, the way He handles everything. It is extremely gentle ways. So that is what I feel, that now Germans are becoming very gentle in handling things, in handling people. This change is coming and I think it is the blessing of Hanumana on them.



joy dancing in your eyes

SEPTEMBER 14?: LONDON PUBLIC PROGRAM

SEPTEMBER 18 AND 19: GENEVA PUBLIC PROGRAMS

SEPTEMBER 21: ARZIER SWITZERLAND – TALK TO SAHAJA YOGIS



Geneva: Navaratri Puja

Yesterday, when the last song started, it did penetrate into many souls, to many hearts, that unique joy which we call as nirananda. I did feel it yesterday. But keep it up. It is to be kept very safely into your *kumbhas*. That is the Kundalini and She is the one who has come up. So My idea was that today, it is not only the worship of the kumbha where the kundalini resides, but the kumbha becomes like a flowerpot. It is like that. That has happened ... the kumbha becoming flowers and flowers becoming light and the lights with fragrance. I hope you will understand My vision and you will stand by Me and you will come up to that. I depend on you entirely for My vision. We have to change this whole world into a beautiful place and, for that, not much sacrifice is needed. You are already blessed. You do not have to do much. The only thing is keep your attention on the source of power.

OCTOBER 5: ROME – TALK TO SAHAJA YOGIS

OCTOBER 16: BUCHAREST PUBLIC PROGRAM

OCTOBER 17: BUCHAREST PRESS CONFERENCE



Chioggia Italy: Diwali Puja

It was such a surprise to see you all in that procession. Actually, I was waiting and waiting and I thought, “Why these people are not coming to call Me for puja?” It was a beautiful surprise. It’s very joy-giving. The joy was dancing in your eyes. I could see the lights in your eyes and this is the real Diwali. The Diwali word comes from two words: *dipa* and *awali*. Dipa means lights. And awali means rows – rows and rows of lights. It seems it is a very, very ancient idea and, all over in the world, whenever they have to celebrate something, then they put lights and lights because light gives joy, gives happiness. So to overcome the darkness of ignorance, also we have to enlighten ourselves. And that is why it is important that everybody should get Self Realization to feel the light within themselves. And you must have noticed that after Realization the eyes also sparkle. There is light in the eyes of every Sahaja Yogi.

OCTOBER 22: TURIN ITALY PUBLIC PROGRAM

OCTOBER 30: ISTANBUL TURKEY

NOVEMBER 1 AND 2: KUALA LUMPUR MALAYSIA PUBLIC PROGRAMS

NOVEMBER 3 AND 4: KUALA LUMPUR – TALKS TO SAHAJA YOGIS

NOVEMBER 5 AND 6: BANGKOK PUBLIC PROGRAMS (DATES APPROXIMATE)

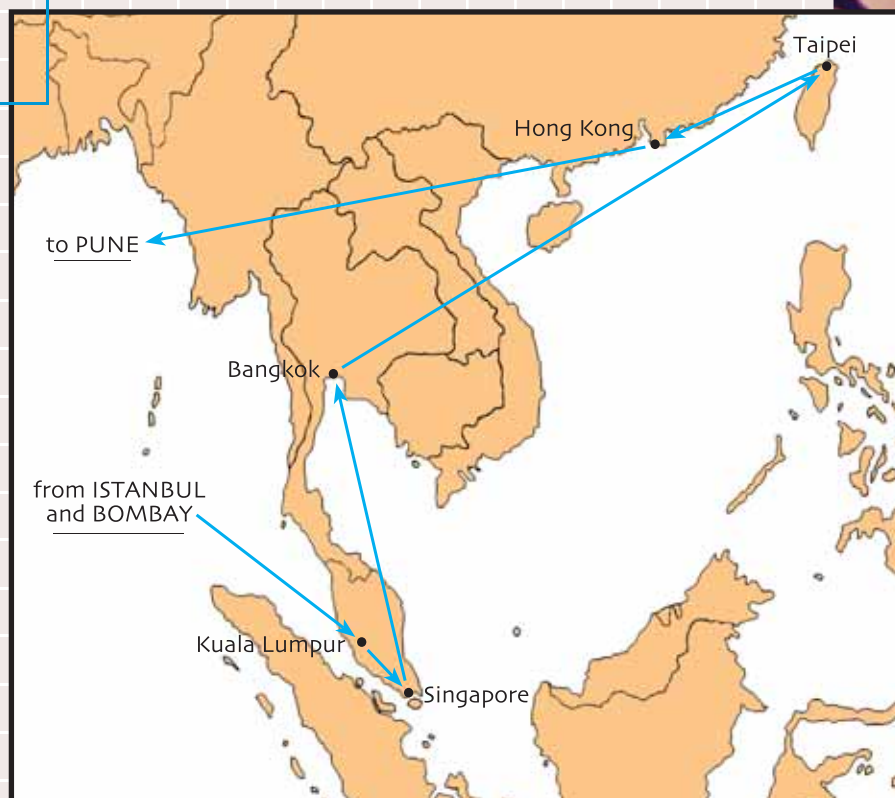
NOVEMBER 8 AND 9: TAIPEI TAIWAN PUBLIC PROGRAMS AND RADIO INTERVIEW

NOVEMBER 11: HONG KONG (DATE APPROXIMATE)

On Thursday evening, Shri Mataji very kindly cooked a wonderful mutton biryani for us at the Givrins ashram. And on Friday, She again cooked lunch and dinner. The Friday evening experience was particularly intense, as Shri Mataji was sitting in the kitchen stirring the pot and giving instructions to the ladies around Her. The rest of us sat just outside in the living room and watched.

The look of surprise and delight on our Divine Mother's face was so joyful to see as She beheld this small sample of India transported to Italy – hundreds of Sahaja Yogis in Indian costume were dancing and singing. Slowly the procession advanced towards the hall, Shri Mataji's car behind us. Mother made Her way to the throne, which had been prepared for Her on the stage under a huge decorated cloth awning. We resumed our places and Shri Mother began to talk to us.

In Her address, Shri Mataji seemed to cover the whole of Sahaja Yoga and what we all have to do as Sahaja Yogis. Addressing Herself to the women, She commented on how the woman is very much the background force and they should let the men manifest more. "I am not God," She said. "Sadashiva is God. But I am God also. Without Me what is He? I am His Power. He is powerless. But let Him be God, good. Because if you have to blame someone, you blame Him. He is God. But I have to work hard to keep Him pleased."



Shri Mataji stayed four days in Thailand in a little house near the river and She showered Her infinite motherly love on us all. The first night She asked some Sahaja Yogis to massage Her feet and Her arms. This cleared a lot of Thailand's negativity and Shri Mataji said that by this massage, the public program would be successful. "This body is only compassion," She explained. "I will bless this country with morality and prosperity. Ask for this."

a festival of ascent

NOVEMBER 22: PUNE INDIA / DOCTORS CONFERENCE



december

Pune India: puja

This tour is a festival for us. Of course, I say it is a pilgrimage, but there are no signs of pilgrimage because, if you see the pilgrims, horrible they look, while you are looking like roses, all of you. So it is a festival for us and you have to feel that festivity within your heart, that joy within your heart and small, small things you should not worry because these things cannot be provided in all the places. Gradually we will be building ashrams in all the places wherever you have been visiting, but you know how difficult it is in those days where India is passing through such a bad phase for so many years, where everything is delayed. So the attitude should be that “We have come here for our ascent.” We have to work out everything with that attitude, that we have come here for our ascent, and every moment of our ascent is a festive occasion. Everything is a festival. If you understand that, I am sure you will see the beauty in everything, you will enjoy everything, whatever may be the rustic style. Maybe you may not like the colour of these lights because you may not enjoy it so much. You might get much better things in your own country. But whatever it is, it is not your conditioning that should stop you from enjoying. So please remember that you are now the member of the universal society and we cannot have our conditionings to mar our happiness and joy. I want you to enjoy this trip fully, absolutely, in a way that you have never enjoyed anything before.

DECEMBER 5: PUNE PUBLIC PROGRAM

DECEMBER 6: PUNE – NEW ENGLISH SCHOOL PROGRAM

DECEMBER 9 AND 10: SHRIRAMPUR PUBLIC PROGRAMS




december

Shrirampur India: puja

In these modern times, we are so many. We have so many Sahaja Yogis all over the world. So first of all, we are collectively very strong. And secondly, the Brahmachaitanya itself has become active. It is a very great thing. We must realize it within ourselves, that no amount of cruelty, planning against us, any kind of violence of other people can harm us.... You have to know that your Mother is with you and you should have no fear at all. To boast of your fear is nonsensical. Once you realize how powerful you are and how much you are connected to that power which is so powerful and all-pervading, which does all the living work, you will never get any one of these funny ideas which are to be left behind. You have to cross the threshold of these conditionings that you have had. Just open your heart and see for yourself where are you sitting, where have you reached, under what blessings you are here.

DECEMBER 13: SANGAMNER INDIA PUBLIC PROGRAM



In Alibag we had bhajans at night with the local villagers, singing together with western Sahaja Yogis. Mother came unexpectedly, since the puja had been cancelled. She was glowing with motherly love and said how much She enjoyed seeing and hearing us all singing together, dropping our artificiality and superficiality and just praising the Mother with one heart. It is in this spirit that one day the whole world will be united. After Shri Mataji left the stage and went up to Her room, the Sahaja Yogis gathered below Her balcony and continued singing and dancing.

Shri Mataji gave very long talks, but the Realization was extremely quick. She just asked them to raise their hands and ask, "Is this Brahmachaitanya? Is this the cool breeze of God?" They all felt it and raised their hands. The time in Pune made us feel we had left the West far behind.

On the glittering stage, decorated with the most beautiful silk saris, Shri Mataji appeared to be sitting in a celestial throne adorned with flowers and lights. The gold thread of the saris glittered behind Her like stars in the firmament. At the close of the puja, crowned with fresh flowers and with a beautiful smile on Her face, She received the long line of Sahaja Yogis who offered Her garlands.

At dusk there was a truly beautiful procession with Shri Mataji, under a sky suffused with pink and blue light. There were lots of people in the procession, all gaily dancing through the streets. The local boys leapt and jumped around with an energy and rhythm that was incredible to see. Other villagers, the local Sahaja Yogis, and all the westerners were copying the dance steps and movements of their Indian brothers and sisters. Shri Mataji smiled down at all of us from a cart adorned with young banana trees. The cart moved slowly through the crowd behind a very loud band which could be heard all over. The procession was followed by a wonderful public program in Shrirampur. It was one of the fullest and most joyful programs of the whole tour.

DECEMBER 14: PRATISHTHAN PUNE – TALK TO SAHAJA YOGIS

DECEMBER 15: WAI PUBLIC PROGRAM

DECEMBER 16: SATARA PUBLIC PROGRAM



Brahmapuri: Shri Chakra and Shri Lalita Puja

The materialistic life, unless and until there is the foundation of the spiritual life, takes you to a very partial development. But to get a full development, you must have your foundation on spirituality. That is why spirituality, being the foundation, has to be deep, has to be fully equipped, has to be absolutely perfect. Then the whole building can be built ... and then you will be surprised how you will become really solid people.... I think I should sit down and write all about it and it will be a nice, handy thing for you to read. But you must know that beyond thought, when you go, these chakras become extremely efficient because the thought puts a pressure on them and, because of the pressure, the movement of these chakras is very slow and ineffective. But once you can get out of your thoughts and go into thoughtless awareness, then these chakras start working it out and you start moving much deeper into your own being.

DECEMBER 21: KOLHAPUR – MAHALAKSHMI PUJA

DECEMBER 24: GANAPATIPULE – TALK ABOUT SHRI JESUS



Ganapatipule: Christmas Puja

Without Him you cannot go to the Sahasrara. In the whole play He is like the *sutradhara*. He is the one who is the conductor, the one who moves the strings in a puppet show. And so it is very important to pray to Shri Ganesha every time we have puja. We have to pray to Him and that is how we are praying to Lord Jesus Christ every time. Without His auspiciousness, without His help, we cannot do Sahaja Yoga. He is the manager. See I am sitting here and He is the manager. Supposing there is no management, how will I speak here? Nothing can happen. But He is so efficient and you never see Him working out everything.

DECEMBER 26: GANAPATIPULE – ENTERTAINMENT AND TALK TO SAHAJA YOGIS



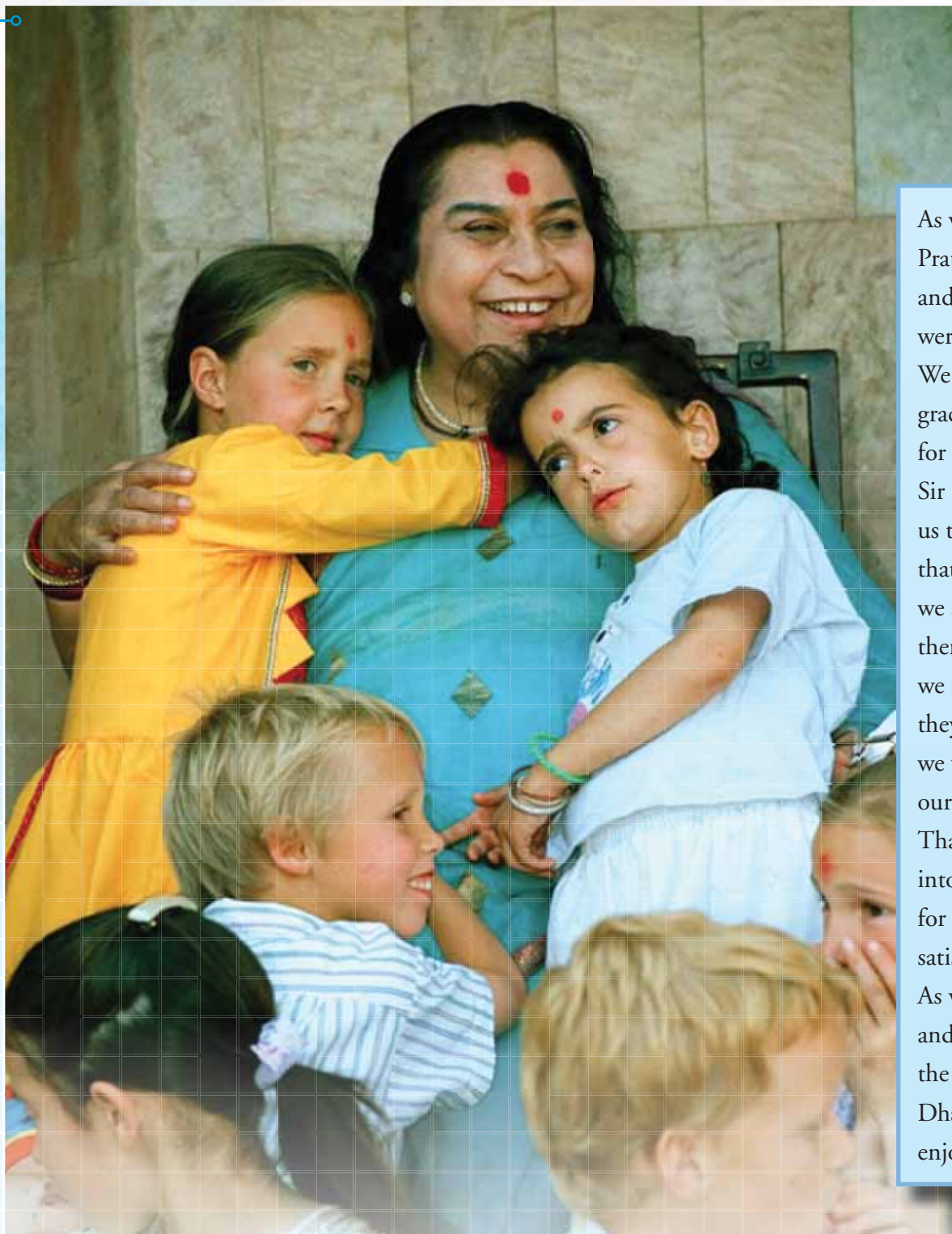
Ganapatipule: talk to Sahaja Yogis

After Realization you will know which is real, which is unreal. Once you know that, then it is different. But when you do not know, you will fall into anything, like any stone you will worship.... But today it is not so. Today you all have become the saints, you have become *walis*, you have become realized souls. Now you know what is real, what is not real. So to understand these things deeply we have to know that we must have our vibrations to understand what is right and what is wrong.

DECEMBER 28: GANAPATIPULE – GAURI PUJA AND MARRIAGES

DECEMBER 31: KALWE – NEW YEAR PUJA

1990
One Year



As we arrived in Pratishtan, Shri Mataji and Sir C.P. Srivastava were waiting for us. We were greeted with a gracious gift of a shawl for every Sahaja Yogi from Sir C.P. He welcomed us to Pratishtan, saying that it is our home and we should feel at home there. We were told that we are their children and they are our parents and we were together with our real family there. That afternoon we went into an open courtyard for a delicious, completely satisfying biryani lunch. As we ate, Shri Mataji and Sir C.P. sat with the children from the Dharamsala school, enjoying their company.

THE DIVINE COOL BREEZE www.divinecoolbreeze.org

There are sure to be errors and omissions in this compilation of events from 1990. It is not comprehensive, nor complete. The sources drawn upon are *The Divine Cool Breeze* magazines of 1990, the Sahaja Yoga Media Project website and the International Book Project's transcriptions of Shri Mataji's talks. Sometimes these sources do not agree in the sequencing and dating of events. In these cases, priority has been given to *The Divine Cool Breeze* reports, as they were written shortly after each event by people who were there. Additionally, some unverified events have not been included so that we do not repeat and perpetuate an error. In the end, we hope that the truth of Shri Mataji's travels does not lie so much in the details, but in the scope, range and love She gave every day of 1990 – and every day since.

SUBSCRIPTIONS: contact@divinecoolbreeze.org CONTENT: editor@divinecoolbreeze.org

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PHOTOGRAPHS

Colin Heinsen:
cover, pages 5, 15,
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Toni Grabmayer:
pages 21 and 27

BACK COVER WORDS:
Birthday Puja 1990

A large, vibrant, orange and yellow cloud against a blue sky. The cloud is the central focus, with its edges glowing and its interior showing some texture. The sky is a deep blue, visible in the upper left and lower right corners.

I hope this will happen this year

and people will try to make it a point that we have a large heart.

A large heart does not mean stupidity. It doesn't mean that.

A large heart means the heart in which you can put Me.

It is quite a big person, Myself,

so you have to have a very large heart that I can reside....

If that happens, then everything will work out very well.