



The Divine Cool

BREEZE

The whole thing is to be
understood in totality,
that we are Sahaja Yogis,
we have a purpose,
we have come here
to learn something
from each other
and from ourselves.

I AM WITH YOU **2**

OUTER LIFE BECOMES INNOCENT **6**

MOTHERING EARTH **10**

STRENGTH FROM WITHIN **20**

BREEZE COOL AND DIVINE **22**

LEARN TO ENJOY IN MARRIAGE **24**

CLOUDS UNFOLD **26**





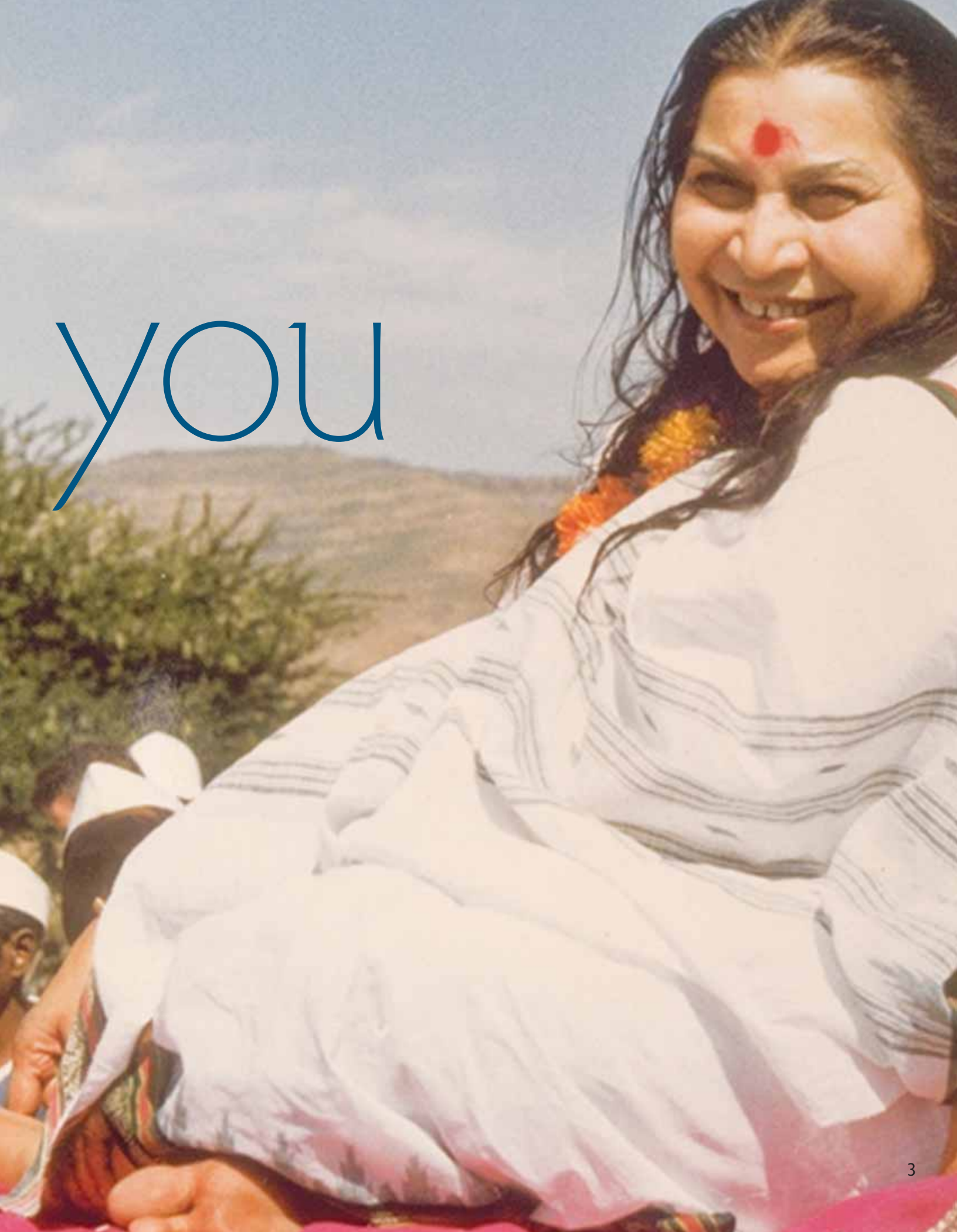
Recognition does not mean that you recognize Me as Adi Shakti,
but recognition means that in every part of your life
you should know that I am with you.

I am with

In the morning you get up, have your bath, sit down, take some tea.
Don't talk, don't talk, don't talk in the morning. Sit down, meditate
because that time, may be whatever, maybe your timing is easier, no
difference to Me. **I am with you.** But that is the best time because at
that time the sun comes afterwards. Before that, the divine rays come
in. That is how the birds get up. That is how the flowers get up. They
are all awakened by that. And if you are sensitive, you will also feel that,
by getting up in the morning, you will look at least ten years younger.
Really it is such a good thing to get up in the morning.

I am with you

you





You have everything within you. You are the storehouse of chastity, which is your power. Everything is within you. Nothing has gone out. It is all there. All that fragrance is within you. It is all preserved. Do not condemn yourself. And you are so fortunate I am here to tell you all about it. You are so fortunate **I am with you.** Do you understand that point? *Shri Ganesha Puja 1984*

You will take it over from Me.... **I am with you.** You know that, but it need not be in this body because I do not know if I exist in this body or not. *Sahasrara Puja 1984*

One should not have all these inhibitions or those fears about Me – at least, when **I am with you.** I am your Mother. You can tell Me everything and I have to work it out. *27 February 1992 Sydney*

As long as you have a deep axis, you are with Me, **I am with you**, absolutely one with each other.... This widening comforts you. That is the comforting thing and that really makes you feel so comfortable in any circumstance, in any position, in any lifestyle and you do not want to have any other comfort. And this one has to develop through meditative effort. *Surya Puja 1998*

I have loved you. That is why **I am with you**.... Please listen to Me. I am your Mother and still you all are My children, whether you are ninety or a hundred does not matter. In this respect, you are all My children and you have to listen to Me. Get to your joy, get to your happiness and get to the key of your being. *28 January 1980 Bordi*

Compassion just flows. It does not say anything.

Even if you do not see Me, even if you are in the hospital, you know **I am with you.**

It works. Even if you just think of Me it works.

Even if you make a mistake, you know Mother will forgive.

That is compassion.

March 1987 London

You feel that dearth or that kind of a gap within yourself which forces you to seek something. And great seekers were born in the West or in the East. Today I am facing you. **I am with you.** So for all practical purposes, I am a Britisher and a western person because we have to face the problem as we are. *8 July 1980 Oxted*

Christ could not tolerate any insult or any kind of a neglect of His Mother. He Himself has said that this will not be tolerated. In the same way, you people also, if you are only for that, **I am with you.** I am absolutely with you, that you do not have any more the feeling of guilt or anything within yourself. When you understand that whatever you are doing, you are doing with complete sincerity, with complete understanding. Even if you make mistakes, it does not matter. The mistake will bring forth something lacking. But you have to be extremely sincere. This feeling should be within you. *Easter Puja 1991*

Wherever you are together, **I am with you.** But when you are away from each other, I am not with you. Only in difficulties, when you are pushed into some places where I am not there, where you think I am not there, I am there. But if you deliberately are keeping out of collectivity, I am not with you. So try to grow your collectivity, otherwise you cannot go deep into your own depths, you cannot become a great Sahaja Yogi, you cannot really be called a Sahaja Yogi. Those who have a sense of collectivity can only become that. *Virata Puja 1991*

You have to humble yourself. By seeing your past, whatever mistakes we have committed, **I am with you** in this – not to feel guilty. It is very embarrassing, but please try to face yourself. We have to face ourselves as we are. *Navaratri Puja 1982*

Whether you have seen Me or not, **I am with you.** And also I am pleased with some people, those who have love for Me. *Guru Puja 1985*

What about the present? **I am with you....** All religions were built for this day, that you get your Realization to give you the balance, to give you that property by which you ascend. *28 November 1985 London*

Now **I am with you,** I have to give you Realization. *27 March 1981*

I am always with you. Whenever you think of Me, you will know **I am with you....** There is nothing to feel that I am away from you.... As you trust Me, you trust yourself. You must trust yourself. You must have faith in yourself that you are quite capable and you can do it. You can do it and there are people who will help you. They are very humble, sweet, beautiful people. You will like them and they will all help you until you become perfect – such love, I tell you. *10 August 1990 Vancouver*

I am with you
May God bless you.



The inner being can be charged with the energy of Shri Ganesha

The outer life becomes innocent

- Children should not be exposed to the public. We should not try to make photographs out of our children and expose them in the newspaper or give them for advertisement or anything there. It is a very wrong idea to expose your children to gain some money out of them in any way – in the smallest way also – because we are selling the innocence, the innocence which is invaluable, write large on the children.
- Some people are only worried about their own children. If anything happens to them, they just get upset. That means you are respecting your child because he is your child. But if you are respecting him because he carries innocence with him, then you have to respect every child and understand every child – what they say, how they behave. Luckily, you all have got children now who are born-realized. It is such a great thing, such a blessing.
- This innocence also gives you a power of self-understanding. You know where you stand. A person who is innocent knows very well that he is standing on the pedestal of virtues. He should not give in to all kinds of nonsensical things which are very popular, may be fashionable, may be accepted. For what? For what are we going to sacrifice our innocence? What is our gain?
- One should understand a difference between a protocol and ritualism. An innocent child knows the protocol.... For innocent children, the worship is everything. It is not ritualistic. It is heartfelt. You feel it from the heart, how to do the worship, how to show your love. It is a very sweet way an innocent person does it.
- If you do it with your open heart, innocently, anything is all right. It is the open heart which is necessary, not the closed heart.... You are in the Kingdom of God and here there are no such rules and regulations that you should be ritualistic.
- We kill our children's innocence by putting materialistic ideas into their heads.... It is the whole tradition of materialism which has brought this innocence to a stop. Then a child starts growing in the same materialistic way. He starts judging people.... This is what is now the mind of people in the West who have grown up. But even the children today they want this, tomorrow they want that. All the time there is a competition for materialistic things, asking for this, asking for that. Just imagine what a race will be there after some years when there will be just people who will be only worried about collecting things and buying things. I mean buyers and sellers, nothing else.
- Be very careful with your children that you do not pamper them, do not get too much worried about them, do not keep them on a materialistic level. Find out. If they are going on a materialistic level, bring them down. It is very simple to do that and one has to work it out because we have to save our children and their innocence.
- People will be enamoured by your innocence, no doubt, they will be surprised how you are so innocent. How can you be so nice in these modern times...? Try to be innocent yourself. It should not be cunning. You should not be smart. You should not try to show that you are very brilliant or anything because the ego might, in between, come and try to put ideas into your head. It is better to show that you are innocent and to be innocent inside. The whole inner being can be really charged with the energy of Shri Ganesh, no doubt, and the outer life becomes innocent. It becomes innocent.

The open
heart is
necessary.



Innocence should
be respected,
looked after,
nourished
and protected.
That is why I am
very particular
about the children.







MOTHERING

To say something about the connection of Sahaja Yoga with this Mother Earth, it is very important that we must understand the value of the Mother Earth. She has been very kind to all of you. She has been sucking your vibrations.... She has given you everything that you see around. So today we have to understand the connection and the symbolic expression of the Mother Earth within ourselves.

I have told you before also that the Kundalini, which is in three and a half coils, is placed within a triangular bone. Now this abode of the Kundalini is called as Muladhara and is represented in the universe as this Mother Earth. Or in the puja it is represented as the *kumbha*....

***kumbha:** a vase or pot
symbolic of the womb
yagya: a ritual sacrifice
performed to please God*



EARTH become one with the whole

So far, in the movement of our consciousness, we have been trying to understand the God Almighty and all other five elements that we call as important. And also, the consciousness has been moving towards the understanding of all the other four elements but the Mother Earth. That had to be such because unless and until the understanding of all these four other elements are brought to a certain degree, the Mother Earth cannot express itself. Like if all your chakras, four chakras, are caught up, you cannot raise the Kundalini, you cannot give Self Realization. You cannot have a mass evolutionary process done. That is why we had *yagyas*, all other methods of exciting the four elements. They worshipped the water and they worshipped air, the sky, the firmament, the light. And that is how they came up to the time of Christ where light was worshipped.

THIS IS THE AGE OF AQUARIUS

The age of Aquarius

Today, when we are in this modern Sahaja Yoga, we are actually at the level of the Mother Earth because this is the age of the Aquarius. And Aquarius is the same as the kumbha. It is the Mother Earth. So we are at the level of the Mother Earth.

You can also see in the consciousness of human beings – I am saying not only men, but women also and men – the consciousness is moving more towards the feminine expression of life. But as stupid as human beings are, the feminists also have been very stupid, that they are fighting on the level of rationality, of economics, of politics – all useless things....

The Mother's development, the feminine development is not equality in the way the men have been stupid. There is no use competing with men in their stupidity. The amount of stupidity has been created already for us quite sufficiently. The whole world is today expressing that nonsense that they have – the competition, the aggression, the oppression. So the other side of the woman, which was called as the dominated one, the dark side, the oppressed and all that has to express itself in a different way. The whole mode, the style has to change.

See now, in Christianity one should understand why Christianity – even Judaism, any religion, even Hinduism and all that, but it is more in Christianity – surprisingly they just had no place for Mary. And Muslims even crowned it by completely cancelling Fatima. And on top of that, you will see that among Christians, I think that ordination is not given to the women – while Christ was not born of a man. But that does not in any way mean that you compete with men in their foolish enterprises by which they have practically brought this world to such a ruinous state.

For meditation, if you can sit on the Mother Earth, it will be extremely good because the special quality of the Mother Earth ... She sucks your problems.

The motherly qualities

Today we have to understand that it is the time for the motherly qualities to develop. Even a man, when he becomes motherly only, becomes a great man. Like Christ, when he had compassion, He was called as a saint. So the quality of a woman as a Mother-Goddess is always as a mother. And She is the power most important to ignite Sahaja Yoga.

Now how She ignites, I will tell you. I will give an analogy, but the analogy should not be carried too far. As wise Sahaja Yogis, you should not carry it too far. Say there is a zero. It has no meaning. In the same way, God Almighty has no meaning until you put some sort of one or two before it. It is a zero. It has an existence, but it has no capacity or power to express itself. So it is a zero. Like that we should say the masculine growth is a zero.

Another analogy I will give you to understand it, that if you see very high power wires going over your head, they are absolutely harmless. There is no trouble.... Until this high power thing is connected with the earth it has no meaning at all. But the Earth is very different from this dynamic power that is flowing through those wires, which are zero, which means nothing.

In the same way, in a woman, the womb of a woman is the Kundalini. Now what is a womb? Now if that is the Kundalini, that expresses the Kundalini in the gross. That means the Mother Earth is also like the womb. Now what does a womb do? It receives the sperm, which is just a frivolous act of man or you can say just an aggression and she then nourishes, looks after it, corrects it and allows it to grow – not in an aggressive way, but in a very compassionate and a sensible way until it is expelled out of the womb when it is grown up.

So the idea of the womb is that the expression has to be in such a manner that it does not dominate, it does not dominate the embryo. If it dominates, how can it grow? So it nourishes it and makes it grow.

Becoming one with the whole

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

So the women of the West must understand that the nonsensical ideas they have taken from men must be completely discarded. They have to become women first. Those women who just are talking like men can never help in Sahaja Yoga. They have to be like this Mother Earth who allows you to do what you like with Her. I mean you human beings have been so stupid to exploit Her to the maximum. Not only that, but also She bears a lot of nonsense upon Herself. But then a time reaches where She becomes explosive. Then She starts consuming people inside Herself. And when She is consuming people, then you see the earthquakes and droughts and this and that. All these things start coming in and people get engulfed into these problems, which they blame Mother Earth for that. The problems that human beings have created out of an aggressive nature, even aggression towards the Mother Earth, they have to pay a dividend for that. And they are paying.

Now to stop this kind of a movement of aggressiveness, which brings all kinds of disturbances, one has to recede back and should develop the sense of totality, of compassion. Unless and until you understand totality, the total, the complete, the whole, that is the womb that is your Mother, as long as you try to be individualistic, you cannot be a good Sahaja Yogi. You have to become one with the whole.

Now we have to face ourselves for that. Very important it is. Especially in the West, I would say we have to face ourselves very clearly. What are we up to? That is a very important thing. First of all, let us see where is our attention. Ask a question. We are Sahaja Yogis and Sahaja Yogis within our fold and I am sometimes surprised that even now the attention can be very funny. Like a simple thing, like we can have attention on material things – “this is mine, this is yours, that I should have my privacy” – then you are gone into another realm of aggressiveness. If you try to have your own privacy, then you are depriving others of their privacy.

It was all right when you were not Sahaja Yogis to have your privacy because you had to grow in your privacy at that time. But after Sahaja Yoga, you have to become one with everyone else. That is very important. Before Sahaja Yoga you were different and after Sahaja Yoga you are different. The whole concept must change after Sahaja Yoga, that now you have become one with the whole. And to feel that you are one with the whole, you should try to give up all your individualistic attitudes....

How can I say that I like some thing? Think of a mother who has to bear the child, has to give birth to a child, has to look after the child, the needs of the child, protect the child, train the child. How can she say, “I like this” and “I like that”? Where is the time? To think what you like and what you don't like, “I like this food, I like that food,” where is the time? Where is the energy left for that? Where is the attention? The attention is on the upbringing of the child.

*See this Mother Earth,
how She knows Her responsibility.
She is just made out of nothing
but soils and mud, but look at Her,
how She is conscious,
how She is particular,
how She works it out,
how She is attentive,
how She is careful.*

*If we do not know how
to respect the Mother Earth,
we do not know how
to respect ourselves.*

YOU HAVE TO MOTHER YOUR CHILD

*It was very important
first to create
a very holy Mother Earth
for human beings to be born on.*

*It is not understood
by human beings
how they are connected
to this Mother Earth.
This Kundalini passed
through different centres,
creating different centres
in the Mother Earth
and ultimately broke
through Kailasha.*

The growth of the spirit

In the same way, a Sahaja Yogi must know that the child within him is born – the spirit. The spirit is the child which has been born within him. Now he has to nourish through the Kundalini. He has to water it. He has to look after it. He has to make it grow. Now where is the time for other nonsensical things?

You have a child in hand. You are all mothers looking after your child. That is your spirit. So where do you have time for all these things? What the attention should be is “What can I do to make this child happy, to make this child grow, to make this child completely manifest my Self.” The mother replaces herself as soon as the child becomes a mature child.

So now, in you the motherhood must take over more than the fatherhood – motherhood towards yourself. The attitude should be like a mother towards the child. How is her attention towards the child? You can see in every day-to-day life how we behave....

Dedication can only be developed if you realize that you have to mother your child. Now if the mother is ugly, the child will be ugly too because it is the mother who is expressed in the child. She does not dominate the child, but she definitely can corrupt the image of the child. And that is what exactly happens when we, the Sahaja Yogis, are not bothered as to look after our spirit and our spiritual growth....

In Sahaja Yoga it is not a child which is an individual child you have to look after. One should understand, this is where we miss very much, especially by the intellectuals. They think it is their own child which should be all right. It does not matter about others' children – or does not matter if you have a connection with others or not. It is very common because, in the rationality, it gives them that sense, “Oh, my spirits are all right, my vibrations are all right, so it is all right if I do not go to puja or if I do not go to any collective thing or if I do not support in any collective work or if I do not take any responsibility of Sahaja Yoga.”

Once you become collective, you take responsibilities. So you are over-satisfied with yourself, “that is good, that I need not take up any responsibility, all the Sahaja Yogis are bad or some of them are bad, I have nothing to do with them....”

But in Sahaja Yoga, as it is, the motherhood is universal because if you are the nose, say, then somebody is the eye. If you are the ears, somebody is the lips. So it is essential for you to understand that if anybody who is a Sahaja Yogi is in trouble, you are in trouble. It is threat to your growth. It is a threat to your growth because it is the whole that is growing.... You must worry about the whole. And you have to take up the responsibility. Those who do not take up the responsibility are not the people who have yet matured their child. That is the spirit. Every type of responsibility that you can take, think of what responsibilities you can take. One has to understand that the child is your responsibility. You have to look after the child. And the whole is also your responsibility.

Now, how to establish the connection between your spirit or keep the connection on between the spirit and the womb or the Kundalini is the biggest problem that we all face – that our connections are very loose and that is why this Kundalini cannot look after the spirit.

Feminine and masculine

I wonder if you have noticed one thing in Sahaja Yoga, that you can manoeuvre the Kundalini, but not the spirit. You can raise your hand, the Kundalini will move. You can manoeuvre it. You can give it a bandhan. It will go around and around and around. But what about the spirit? You cannot manoeuvre it. There is only one mantra to awaken the spirit in the sense that to please him you have to say you are the spirit. But you cannot manoeuvre it. You have to bring in the Kundalini to look after it. You have to take the Kundalini there, to the heart, so that this child, which is the little offspring, just now has to be carefully developed and matured.

So on both the sides of men or women, we have to understand that if you are a man and if you are a dominating man, it is all right. But if you are a woman and if you are dominating, then it is a difficult thing for Sahaja Yoga to cure you because you have lost your quality of being a woman. At least you have to be a woman to begin with. If you are not even a woman, then what can you do with these third persons who are neither man nor woman?

Now the men, when they are dominating, they have to understand that they have to be compassionate. They have to be kind, they have to be considerate, but never subservient – never subservient. This is one you should understand, that you should not be subservient. Now the women, what they have to be is to be great, large, receptive, receiving and nourishing all that....

This is one of the biggest problems of the West today, that men are neither men and women are not women. I find the quality so horrid that I do not know how to deal with the mixtures. You must understand this very simple thing in life, that if you are a hybrid stuff, you cannot have the quality of a Sahaja Yogi. If you mix it up, it is a very funny thing, isn't it? So a woman must try to be a woman and a man must try to be a man.

Now see what is the situation of a man as a masculine effect on the development of consciousness? So as the manliness was expressed we have developed science. We have developed all this knowledge, all these things which are outside. Now everything is ready. Now the woman has to come up. I mean, I am saying in the very abstract way, do not think of women, but you can say the feminine. The feminine nature has to rise now. Now everything is ready. It has to just spark. All the chakras are ready. Now awaken the Kundalini. The Kundalini is as important as the other chakras are. So now awaken the Kundalini. Now Kundalini's behaviour and mode of action is very different from the mode of action of the chakras. If the Kundalini becomes the chakras and the chakras become the Kundalini, how will you manage Sahaja Yoga?

But we must assume our own nature in all dignity and in all pride, not to feel in any way low down. Because a man sits on a horse, the woman wants to sit on a horse. What is the need for a woman to sit on a horse...? There is no need for women to do all the things that men have already done.

Say, for example, there is one personality of the masculine personality that has to come and do a certain job. Now you have done it. All right, now another personality has to do this job. Now see the situation of the Divine also. Now the whole complication comes in that once a kind of a thing has been done, another one that comes wants to do the same. Do you follow My point? So the whole energy is completely wasted.

The way we insult our Mother Earth, what we are doing is we are insulting the Adi Shakti. So many ways there are we should respect the Mother Earth.

It was an Indian custom to begin with, when you got up from your bed and you touched the Mother Earth with your feet, you have to say, "Oh, Mother Earth, please forgive me because I'm touching You with my feet."

EVERYTHING
IS READY
IT HAS TO
JUST SPARK



Creation of Mother Earth

The whole preparation has been made for this Aquarius age to come in to bring in the Kundalini upward and to make the whole thing work out in such a way that the left and right meet and you all become ignited, enlightened. It was a question of our being sharing the whole job in a proper understanding.

Now see how Mother Earth Herself was created. It is also a very simple thing. First, the movement of the energy started flowing. Now this is a combined energy. Then the combined energy went around and around and around like that. And when it consolidated there was this big bang. When the big bang took place – now this is the manly work, I should say, in a way a manly style because still the Mother Earth is not produced. So then these little fragments again went around and around. With the momentum, they became roundish. Out of them the Mother Earth was selected for one job – not to do anything.

On the Mother Earth, out of the water came the life. The carbon came in. Everybody helped there and a human being was created. Then the men went around to improve their societies and whatever. They have done to it. Whatever was possible with their ego is done, finished now. Now they have done their job. Now they are on dole, you can say.

Now the womb – or we can say the Kundalini which has been waiting all these years – was resting, waiting for that time. So we call it “the blossomtime has now come.” At that time, the Kundalini has to rise and ignite in such a way that the completion of the whole work takes place. It is simple. Do you understand now?

Revolution not rebellion

There is no competition between men or women, but the style of work is different. If you understand that, then only this kind of revolution will take place and not turn out a rebellion. Actually women are rebelling against men and a nonsense it is. It is such a headache, that you create something, allow them to grow and another party comes which has to complete the job and starts rebelling.

So the revolution has to take place and this revolution is only possible when we understand that what part is left out now to be done.... That part is now Realization, our awakening of the Kundalini. For that, your feminine qualities are going to help you, not your masculine qualities. So aggressiveness must be given up by men. Also, because they are Sahaja Yogis now, they have to take feminine qualities, not of fighting.

If women fight they are not women. You see, women are told that “you are useless, you are good for nothing,” so now they are trying to show, “no, we are also all right, if you have eaten one crow, we will eat three.” Now this understanding and the wise perception would be such that “what do we have to do now to change the mode and the style of our lives, what’s wrong here?”

A turning point has come. Now the evolution is not rebellion at all, by any chance. It is a wrong idea people have. It is not rebellion that you hit me and I hit you, go on hitting each other, like a pendulum you move. You see the movement of a pendulum. It is not like a boom, this thing, that, today you are born as a Muslim, tomorrow you are born as a Jew, then you are born as a Jew, then you are born as a Hindu....

*Whatever is created on this Earth
by the movement of the earth,
by the sea, by all the elements,
has to be respected.*

*We should not try to curse the Mother
Earth for any mishaps on this Earth.
If people are saintly they will be
always protected by Mother Earth.*

A TURNING
POINT HAS COME

MOTHER EARTH IS AWAKENED WITHIN YOU

The spiral movement

It is not a pendulum. It is spiral movement. So every time you achieve an evolution, you are at a higher level than before. So the movement is spiral.

Now to achieve the higher position in our whole being, what should we do? It is to understand that from this point to that point we have to rise. We have to rise in a way that we move in such a way that it is not in a pendulum way, but in a spiral way. And to move spirally, you have to use another kind of force. Whatever you have used so far has to be endowed with another kind of force and that is the feminine qualities of women. But where are the feminine women? They dress up like women. They will try to be feminine and all that. That is not the way – from inside, from the heart, feminine heart. Christ showed that in His life. He forgave. Only a woman can forgive. A man cannot because he is aggressive. How can he forgive? Krishna never forgave anyone. He used to kill in a right royal fashion....

Christ ... forgave to such an extent to show that He is now giving a turn to the spiral and now a feminine quality has to be developed among human beings. But that does not mean that you start walking like women or developing waistlines because that is another stupidity, but to be motherly – not to be fatherly, but to be motherly. That kindness, that gentleness should be in your behaviour towards each other.

Of course, this force also corrects, sometimes also gets angry also. Mother also has to get angry sometimes. Especially with people who never get all right with their behaviour, She has to be shouting, punishing and sometimes She also destroys. It is all right. But that is sometimes, not all the time.

So just now, one has to accept that to be like the Mother Earth we have to be forbearing – *dhara*. She is the sustenance of everything. She takes everything. The vibrations are sucked in.

*You put a seed in the Mother
Earth and see how it sprouts.*

She is so spontaneous.

*Her activity is so spontaneous,
we never wonder about it.*

*See different types of flowers,
different types of fragrance,
different types of shrubs and trees,
how She grows with such balance
in every place. In every minute atom
and molecule of that Mother Earth
there is sense.*

*Before us is the best
reflection of the Adi Shakti
and that is this Mother Earth.*

Giving back to Mother Earth

For the first time, after Realization, you can give Her back what you have got from Her. You can give vibrations to Her trees that are created. You can make them beautiful. You can transform a flower into a more beautiful flower. Now whatever you have got from the Mother Earth, you can give because your Mother Earth is awakened within you now. So you return Her back everything that you got from Her and give it to others – generosity, the greatness of heart, nobility, forgiveness, love, affection, bearing everything for love. And for the mother to save her child, she will starve herself. She will do everything to save her child. Complete dedication she has for her child. That is a real mother.... That is the real image of a mother. And you have an image before you.

So this is what one has to develop now, whether you are men or women. As Sahaja Yogis, you must develop a new consciousness of affection, love and compassion. Getting angry, getting into a temper, shouting at people, screaming at people is not going to help you much.

If you have to help the whole, the growth of the whole, try to make yourself a milder person. Be angry with yourself that you are losing tempers and you are so unkind to others. All the problems have come out of the over-growth of the masculinity – over-growth. It reaches a certain point, you see. It has reached such a wretched point now that it has to come down.

But also femininity, at a lower level without Realization, could be very, very small-hearted, chicken-hearted, could be all the time worried about her own child. That is what one has to change. It is to have love and affection for every Sahaja Yogi, for every person. When it comes to fighting others, you are all one. But among yourselves, you can look after each other.

Changing the mode

I hope you have understood the whole thing. In a nutshell, it is that we have to change the whole mode. A radical change has to come in the society of Sahaja Yogis.... The problem comes in where you are not the whole.... If you are the whole, then who is the other...?

In Sahaja Yoga you are all free to develop your sense of discretion. And once you develop your sense of discretion, gradually you will know what to do. In the beginning you will hurt, no doubt, because you are used to that. I have seen people here, just barking at each other.... But after Realization, you do say because you feel concerned, you are worried. But you say in such a way that you achieve the result.

See, My point is that that is the criteria – that you should achieve the results.... First you think of being gentle, nice, embalming, sweet. Let's see, find out ways and methods. There is a very good way: in the evening, to write down "how many sweet things I've said today...." There are some very good words you can say, like "Are you warm enough?" – a very sweet way of asking a question. Then it is very simple....

Looking after others' comforts – somebody is sitting, he wants water, awkwardly sitting. You just go, rush and give him water.... Immediately the question comes into the head, little bit trying to do something here and there. Or sometimes thinking, going in the market, you find something. "Oh, let me take it for him." Children do. I have seen children all the time, they think of their friends, what they can buy for others.... Sometimes even a small thing like early in the morning you get up, you find another person is sleeping on one side, his blanket on the third side and his pillow in the fourth side, so you just put his head on the pillow and cover him with the blanket. That is a mother's job – not out of fear, but out of sheer love. Like even if it is cold and buttons are open, you can button up a person you like – little-little things you know.

Women have very little-sweet things which they do, which make men very happy. But women have lost now that sense, not the fighting, but thinking of what sweet things you can do for him. And also, sometimes teasing is all right. Sometimes tickling is all right, but a kind of a sweet rapport between each other, even the feeling that we can do that. It is a master's job. The one who is a master can do it. Those who are not, will not be able to. They will again come back to hurt.

Ultimately, they will land up with hurting or biting or coming to blows. But those who are masters will be so beautifully doing the whole job that you see a kind of a very sweet relationship. It is called *madhurya* – without any lust, without any money-business, anything – such sweet relationships. And the joy would be bubbling. All these perversions, all these things will drop off, but a very sweet relationship, all right?

Even saying that, you are feeling happy. ॐ

ACHIEVE THE RESULTS

*In that reflection that you are Me,
in that reflection that the Mother Earth
is Me, in that beautiful creation
within you, you have to become
very sensitive to the need of the world.*

*Just like the Mother Earth cares for you,
I also care for you. And just like as the
Mother Earth loves you, I also love you.*





strength from within

The strength

comes from within.

Your spirit strengthens

you. You must just put

in your willpower, that

“yes, let my spirit act.”

And then you start

acting according to the

spirit. And once you

start acting according

to the spirit, you find

you have no slavery to

anything. You become

samarth. That means

equal to your meaning.

Samarth also means a

powerful personality.



more genuine than genuineness

BREEZE

DIVINE & COOL

When you get your Realization, you start feeling the cool vibrations flowing from your hands. And these cool vibrations are the indication that the divine power has started flowing through you. Now these vibrations that you have are flowing through you like a cool breeze. They are absolutely genuine. They are much more genuine than genuineness.... Truth that is the basic thing cannot change. You cannot mould it. You cannot befool it. You cannot act it. When these vibrations are flowing from you – if there are no vibrations, then you are not there.... In Sahaja Yoga you have to gain. Nobody else has to gain. It is you who has to gain. So you have to be genuine about it. You cannot purchase it with money. You cannot hide it by any false means. You cannot kill it. It is eternal.

IT IS A REALLY GREAT DAY FOR US TO FEEL VERY PROUD AND TO TALK TO EACH OTHER. Moreover, I think this marriage ceremony has not been performed before where so many realized souls have attended a wedding, so the grace of God has descended on it in such a beautiful way. It has many dimensions of purity and joy, very hard to explain beyond this feeling and understanding. It is really great.

learn to ENJOY

in marriage

My only advice is that we must learn to enjoy. This capacity we have lost. That is the only thing we have left, the method of enjoyment. Everything is there. Just try to find out ways and methods of enjoyment so you will not get into arguments, will not try to criticize, will not try to find faults with each other. Just try to enjoy each other. Enjoyment comes out of whatever is good.

Say if a fruit has got some part which is sour and some part is rotten, you take out that part of the fruit which is all right and enjoy it. In the same way, when you are dealing with your partners and friends and other Sahaja Yogis, you must put your attention to the good points of other Sahaja Yogis and then you will imbibe those good points within you. But your attention should be on good points because that is what is enjoyable in the other person. By seeing the bad points, you become a miserable creature and make the other fellow also miserable. By that, you do not help yourself, neither do you help the other person. So the best thing to do is to enjoy the best part with the others.

You will be amazed. By that enjoyment, the other feels very secure, happy, joyous and, with that, goodness starts spreading to other parts of the body, to other parts of the being, to other parts of the mind and the whole can be made very beautiful. An enjoyment can give you the real insight into the understanding of others.

If you cannot enjoy another person that means something is wrong with you, not with that person. After Realization especially, it should be very easy. Before Realization, of course, I do not say. That could be very difficult. But after Realization one should try to see the good points. Like in a room there is light, in the other room there is no light. So we take the light from one room to another, to another and another. We cannot bring light from the dark room. In the same way, we have to go, move from the part that is enjoyable to other parts and this has a very subtle effect – extremely subtle. When you start enjoying another person, he develops self-esteem and he tries to be enjoyable also.

But the relationship between a husband and wife is very, very intimate. And the enjoyment should be maximum between them when they are Sahaja Yogis. But they should give up the old patterns of married life as they are – like the husband can do whatever he likes and he is free and the wife is free to do whatever she likes, she is on her own and he is on his own and nobody should object and that sort of a nonsensical life – because you are not on your own. You are part of the whole. You are all joined together. You all have to work in such a way that you feel that unity within yourself.

You see, what one does not realize is that we cannot be on our own. Your freedom is in enjoying the freedom of others, not abandonment. After Realization the freedom lies in understanding the freedom of others, not your own freedom, so-called. That is how you will get over your aggressiveness. And for small, small things, for petty things, for useless things, a Sahaja Yogi is not going to argue because he has found out something so high, so absolute....



For example, a non-Sahaja Yogi comes to a room which is decorated by a wife. Now he comes and says, "Oh, I don't like this colour.... Why did you put that? And this could have been cheaper," some sort of thing like that. Or a wife can do the same. But when a Sahaja Yogi marries a non-Sahaja Yogi, he says, "Do you like it? Then I like it. Did you like it? Really, you liked it, then I like it. If you have liked it, I would like. Whatever you believe, I will believe into it." This "I believe, I believe, I like" – these words go away....

Sahaja Yogis do not think. We are beyond thinking. So you should say, "I enjoy being with you. I enjoy being your wife" or your husband. Our terminology has to change because now we have become the seekers of joy, not of misery. Whole priorities must be changed in life. How to please others should be the priority, how to make the other person feel the trust, how much can you give and not take. Who outbeats the other in giving? Who is more generous between the two...?

This is a very subtle thing one should understand for which one should ask for wisdom, that you are not pampering the ego of the person because you know what is ego. But if you think by saying something it hurts another person, better not say.

Sahaja Yoga takes its own course and works out all those corrections. You do not have to worry about correcting others, but just enjoying others. That you leave to Me. That is My job. If you just enjoy each other and love each other, see how really I return all My love. That is all I want – that, as I have loved, you have to love each other with all your heart and will, all your soul, without expecting any return except the feeling that you have loved.

May God bless this marriage and all other marriages that are going to come forward.

As a mother, it is so fulfilling. Now I can retire gradually. I think I can. The great souls are going to be born, so we must await their coming. That is why it is necessary to establish a good relationship and harmony because we have to all work together, not separately on our own.

Try to enjoy
each other

London
4 July 1980

J E R U S A L E M

WILLIAM BLAKE THOUGHT OF YOU

And did those feet in ancient time
Walk upon England's mountains green?
And was the holy Lamb of God
On England's pleasant pastures seen?

And did the Countenance Divine
Shine forth upon our clouded hills?
And was Jerusalem builded here
Among these dark Satanic Mills?

Bring me my bow of burning gold!
Bring me my arrows of desire!
Bring me my spear! O clouds, unfold!
Bring me my chariot of fire!

I will not cease from mental fight,
Nor shall my sword sleep in my hand,
Till we have built Jerusalem
In England's green and pleasant land.

It shows how William Blake thought of you people. He represents that hope for England in this poem that I had about you people. As I have told you that England is the heart and the heart has to be first of all established, otherwise Sahaja Yoga is not going to be established....

He could see the vision very clearly and he said that England has to become the Jerusalem. In the Sanskrit language it is called as *teevtha*. Teevtha means a pilgrimage place, a place where pilgrims come in. And this indication here of this poem, which is so beautifully written by William Blake, shows that he saw the vision of Sahaja Yoga prospering in England in this beautiful manner.

But as it is, this heart is so materially bound. There is so much of materialism that has come into our veins even. And we have to realize that we have to get it out of our mind, out of our body. It has gone into us so much, the materialistic approach towards life, that we have to really take a strong action against it. It is so much that anybody who comes to this country also becomes materialistic. Imagine the heart becoming a matter. Think of the heart becoming a stone....

clouds unfold

bring me my chariot of fire

Guru Puja 1981

Materialism

My desire is only one. And that is that you all should become gurus yourself.... But when you join Me, you have to realize that you have to really transform yourself. You have to know that you are, first of all, realized souls, which also very few people really realize and are aware, that they are realized souls. They are not the other mundane type of people, ordinary people. They are realized souls. So as it is, they have to get out of this shell in which they have been living, the ideas of securities, that have so far come to you all from materialism. If you study yourself correctly, everything is trickling down to you that is materialism.

How many people read William Blake? How many understand him and how many believe in him? And then how many follow him? He is a lost poet of this country. After getting Realization, unless and until the people of England understand that they have to completely transform themselves into a new awareness of understanding, that you are now realized souls, you are part and parcel of the whole and you are aware of it.

Firstly, materialism crawls into you in so many ways. Because there has been an industrial revolution, people have created many things. Matter has been comforting you and you got used to matter. You just cannot do without it.... By this over-preservation of yourself and by this domination of matter upon yourself, you have really become delicate darlings, absolutely delicate darlings....

Gradually try to give up certain things that you think so important in life. Try – one day it may pain, second day it may pain – because unless and until you make a really great effort to get rid of the materialistic body and mind, you cannot be all right. And this is the biggest stumbling block for the western seekers. You have to get out of that cocoon, as I said. The whole transmutation has to take place....

Now you have to change. You have to come out of it. You have to stand out and see for yourself that you are no more one of these mad people who run after matter. And you leave each and every thing, every particle of it here and die. Again you are born. Again you are doing the same thing. You have to run away from comfort. You must learn how to overcome your comforts. You must train your body – a little noise here and there. Englishmen, I am saying “Englishmen” because we are in England. Americans are much worse. Any noise, fifty percent would die with any blasting they hear, just by hearing. They are so sensitive. I mean they have made their bodies, their everything, so sensitive that they are really dainty darlings....



YOU HAVE
TO BE MY
PROTOTYPE**To be great gurus**

“Bring me my bow of burning gold. Bring me my arrows of desire.” What is going to happen? You have no answer.

“Bring me my spear. Oh, clouds unfold. Bring me my chariot of fire.” Of fire? You cannot sit even on a chariot, really, because it shakes and you have to hold it tight and you have to stand erect with it.

“I will not cease from mental fight nor shall my sword sleep in my hand till we have built Jerusalem in England’s green and pleasant land.” I think better give swords into everybody’s hand. Let’s see how many can hold it straight. You see, Sahaja Yoga is not a simple thing like dishwashing. It is a very serious thing and on certain things you are very well equipped, but on certain things where you are not equipped, that must be sustained. Your strong points are your strong points, so forget about them. Whatever are your weak points, hit them there. Mentally you are very well equipped. If I have to argue with you I will give up. I really cannot because you are very knowledgeable people. You have read all the books of the world. You are over-read. You are too great. But as far as your body is concerned, your body is a slave of matter. In a way, your mind is also a slave of matter.

So to understand that we have to be great gurus, first of all a guru has to go through a great discipline of self-emancipation. Great discipline is needed.... One has to realize that to overcome this material drag upon yourself, you have to work it out on yourself. Then once you have controlled this, minimum of minimum, then you can sleep anywhere you feel like. Try to sleep on the ground for a while. That you may do for sun-tanning, and people cannot resist all this nonsense because these are ideas put into you. They have exploited you. They have told you that this should be done, that should be done, this is necessary, that is necessary. They have to sell their goods.

Try to sometimes fast. I have prohibited Indians from fasting because what they do is to fast. At the slightest pretext they fast. I mean, as it is, there is a dearth of food in India, so they fast. What is the need for them to fast? But here it is necessary that people should learn to fast and should not get attracted towards food so much. I mean the attraction towards food also is a sign that your senses are just driving you mad, isn’t it? Think of it. Now separate yourself from your senses and see how it drives you mad. First of all the body, then the senses we should attack.

The biggest enemy we have is our own tongue. It acts in two ways. One is the taste – the food, taste. And the second way it attacks is the way we talk. Either we do not talk or when we talk we just hit. We cannot be kind. We cannot be compassionate. We cannot communicate our heart to anyone. Control your tongue.... Try to change. Try to make your speech a sweet one. Make it a beautiful one, attractive. You cannot be a guru in Sahaja Yoga, I can tell you, with a sharp tongue....

You have a guru who is a mother. I never hit you. I do not think I have hit anyone of you. You got your Realization. In all My compassion I looked after you. I have given you compassion. I have never asked for anything, nor have I complained for anything or gruded for anything. I have been extremely, extremely, extremely patient with you.

So you have to be My prototype. You are a guru in Sahaja Yoga in this Maha Yoga. You are not a guru of this type who can only create one disciple in twenty-one thousand years. You have got the knowledge of Kundalini much more than any one of these gurus have got. You have the powers much more than any one of these gurus have. Indiscriminately this power has been given to you.

Now only those who will come up and grow as proper trees will be called as gurus. And that is why one has to know how to grow properly as a guru. First of all, you must give up all materialistic attitude towards Sahaja Yoga....



The humility of the guru

You have to learn humility. First of all, you have to be humble people. Unless and until you have a large heart, you can never humble down. You have to be an extremely humble person. Humility does not mean that you bow to a person who is dominating. It never means that. But it means a strength within you. The person who is weak can never be humble. He can never bear the load like this Mother Earth bears our load so well because She is so great.

You have to be strong enough within yourself to bear the load of your disciples, of people who try to follow you. Humility should be that “I was like them, absolutely like them. I was nothing. Without Sahaja Yoga what was I?” I mean you may be the governor of some place – all right, so what? Before God’s eyes what are you? Nothing, nobody knows who you are. You may be having cars and anything. You might be a very educated, anything. What does it matter in the name of God? You have known that saints have not been so educated. Christ never went to any university, did He? All these ideas that we have got of our greatness must be absolutely made zero. The greatness is in humility and sweetness.

Speak something that will be dear to others, that would be appealing to them in a proper discriminating diplomatic manner. Some people in the name of honesty just are sadistic or useless. You can talk to people nicely, say something in such a way that they feel attracted towards you, that they feel that there is complete humility, that you accept them as they are because you want to give to them....

Sahaja Yoga depends on you more than it depends on Me. You have to change. You have to change yourself very much more. Just by taking up some sort of a role or assuming something great, you are not going to progress at all.

GREATNESS IS IN
HUMILITY AND
SWEETNESS

Supposing a little bush says, "I am a tree." Will it become a tree? Supposing it behaves like a tree, will it become a tree? It has to become the tree. Then there is no need to behave. You are a tree. A woman walks like a woman and a man walks like a man. If you behave like a woman, will you become a woman? It has to be innate. It has to be within us. If you are a guru, you are a guru anybody can see and say, "Ah that's a guru." Then you can do lots of things. We are not willing to give up these things. That is why we go on catching on the same point.... Decide today that we are going to change ourselves completely. Let us start on the changing.

We meet others, we greet others, talk to them. We should be able to talk. There are some people who just do not know how to talk.... You must talk, open out. What is there to have fear? Humility does not mean fear. It means complete love. You must talk, open out, be interesting.

Try to do something for others. I have been saying this again and again. You have to all become gurus. I am just a mother. And Mother is the first and the last guru for everyone. That is how I am your guru and I am the Guru of all the gurus. But you have to become your own guru. And for that, you have to think that you have to hold swords in your hand – not only to hold swords in your hand, you have to teach others to hold the swords. What should be the character of that man who has to guide others? If he himself cannot hold the sword in his hand, what is he going to teach to others? You just tell Me that – a simple question. At least you should have that personality that can hold the sword in the hand....

You are asking, but now you have to face. You have to give. This asking is over now, finished. You have got everything. You are not aware you have got everything now within yourself. Just reverse the position and you can give to others. But if you are hankering still, worried about these nonsensical things, then nobody is going to respect you.

TAKE TO DETACHMENT

The detachment of the guru

I would suggest one thing: take to detachment. In a way be a sanyasa, absolutely a sanyasa. You know I am a sanyasi. Though I live in a household and all that, I am not bothered about things. I am a sanyasi. But the day I will announce that I have taken a sanyasa, people will be much more impressed by Me than they are today.

If a person is over-attached to things – attached to money, attached to this, that and all those things – such a person is not going to impress others in spiritual matters. You can be a nice prime minister of England, but you have no place in Sahaja Yoga if you do not have a way of detachment. That does not mean that you become hippies by any chance – not at all. But it means that you become detached. Specially it is very important for you to develop that – a detachment.

Detach yourself from things that you are supposed to be possessing. I can tell you, you cannot take anything with you.... Then why are you attached? All kinds of disgraceful behaviour ensues when you are attached. Become a sanyasi. It does not mean you wear that yellow or red and all kinds of horrible dresses, but from inside you become a sanyasi. That is the best way you conquer your void....

Surrendering is the best way.... You must surrender completely, blindly you can say. Just jump into it. Do not reason it out – complete surrendering. Once you have done that, you will be surprised how you will be so blessed with the powers of a guru, that you will rise to heights and you will do all that William Blake has said because it is like a drop submerging into the ocean and becoming the ocean. And you know the ocean is the guru, not a drop. It is the ocean and the ocean has everything in it. So we have to learn from the ocean to be the ocean by becoming the ocean yourself.

The Sahaj guru

I have told you in many ways how it is important that we have to have many gurus of Sahaja Yoga. But if Sahaja fails, it fails because of Sahaja Yogis, not because of Me – always.... You are the reflection of Sahaja Yoga. You are the mirrors, not Me. You have to reflect Sahaja Yoga. So first of all, you have to become good reflectors, the good gurus....

You can also [raise the Kundalini] just through your character and through your abilities as Sahaja Yogis, which are tremendous. Even those who are great gurus in India cannot raise the Kundalini the way you can raise. Under their finger – they cannot believe it. It is Shri Ganesha's powers you have got. Look at the surrendering of Shri Ganesha. Look at His surrendering, completely surrendered to His Mother. Who is wiser than Him? And in His wisdom, He has chosen complete surrender to His Mother. To Him, His Mother is Guru, She is Brahma, Vishnu, Mahesha everything, even Sadashiva is Her, His Mother, nothing else. And His power of Kundalini raising is within you. You have got it. You are made after His power. He is holiness. He is auspicious. He is innocence.

A guru has to be innocent, has to be an innocent person. His innocence can be crafty – but innocence should be crafty, he should not be crafty. Innocence is the power which works the craftiness. It is the Krishna shakti. It does. It works out. Suddenly you face it. You try anything, it will be there. And He depends on His powers and not on His own methods of maneuvering things.

But how many of you are religiously working it out morning, evening, every moment of life? How many of you are thinking that we are on the path of becoming full-fledged gurus of Sahaja Yoga and nothing else? You are nothing else but that. How many of you decide like that every moment?

It is very easy just to say, "Oh, it's all right. I don't believe in it." Then what are you going to do? What are you without Sahaja Yoga? Think of it. You can say, "I don't want to do it." You will have to do it. You are in it now. You better do it. You have to do it fast. For heaven's sake, better do it fast. Achieve it. You have all the powers. Believe Me, you have all the powers. Believe Me, you are better than all these gurus put together.

But be humble. Do not talk big. And do not become silent bores.... You have to be interesting. You have to be dynamic. You should know some stories here and there. You have to make them laugh. They should enjoy you. This is Sahaja Yoga guruship. You see, for such boring gurus, one or two would stick on if they are equally boring or more boring.

But such gurus are not going to help us in Sahaja Yoga. They are not. You have to be joyous, cheerful, helpful, understanding, concerned. You have to be concerned about others. You have to behave in a way that they feel that you are the security for them....

You have to be a tree which makes others grow into trees and not to make them dwarfs under it. You see, no grass can even grow under such trees, let alone trees. Even the grass cannot grow if the trees are of this type. So you should be actually the tree of brilliance, of sun, the sun's rays. From you the sun's rays should flow and they should grow, not to obstruct every growth of your disciples. What sort of a guru could he be whose disciples are all toddlers or still sucking their thumbs? So you should be a guru of a calibre that makes others grow too.



WHAT ARE
YOU WITHOUT
SAHAJA YOGA?



I have hopes that My disciples will grow more than I am. I have hopes we will see that. That is My desire. That is what I want, that My disciples should grow. I mean that will be My pride. Like Ganesha grew more than His own Mother who created Him. That is what is My desire. And that is what I want you to realize, that you are the hope of the world....

You have to be so strong, that nothing should make you frightened. And such a person is the most benevolent personality. He is not frightened of anyone. Why should he harm anyone?

Today I hope you people really do not listen to My lecture, but put it in your heart and understand that you have to become very dignified, majestic gurus of this universe. I would like to ask William Blake what is he doing. When is he going to take his birth on this Earth...?

The good of this country should be taken, whatever is good in it, and transform this country into a beautiful thing. I mean if you really love this country, then create it into a lovable place.

You must try to destroy all that is retarding the progress, the spiritual progress of this country if you are a real Englishman. Real is the word. You should not be proud of all the weaknesses that have crawled up in all these hills and dales. All unholy thoughts, all inauspicious behaviours, all must be discarded. We are not that.

REAL IS THE WORD

You become a completely free bird ...
then it becomes your job to achieve your flight.
One flight is up to the thoughtless awareness.
The second one is up to the doubtless awareness.
And the third one is to God's Realization.



PHOTOS

cover and page 1: Belgium 1985 (*Colin Heinsen*) **Page 9:** Shri Mataji in India (*Avduti Pai*) **page 10 and 16:** Mother Earth Puja 1983 **page 20:** music program in Sangli India, date uncertain (*Gregoire de Kalbermatten*) **page 22:** India circa 1990 (*Colin Heinsen*) **pages 27, 29, 31 and 32:** Guru Puja 1981 **this page and back cover:** delta of the Danube River near Murighiol Romania (*Mircea Sorin*)

WORDS

contents page: 30 December 1987 **page 2:** Christmas Puja 1994 and Diwali Puja 1983 **page 8:** Shri Ganesha Puja 1993 **pages 12 to 19 side quotes:** Shri Adi Shakti Puja 1997 **page 21:** 4 February 1983 **page 23:** 16 July 1979 **this page:** Shivaratri Puja 1996 **back cover:** Shivaratri Puja 1995

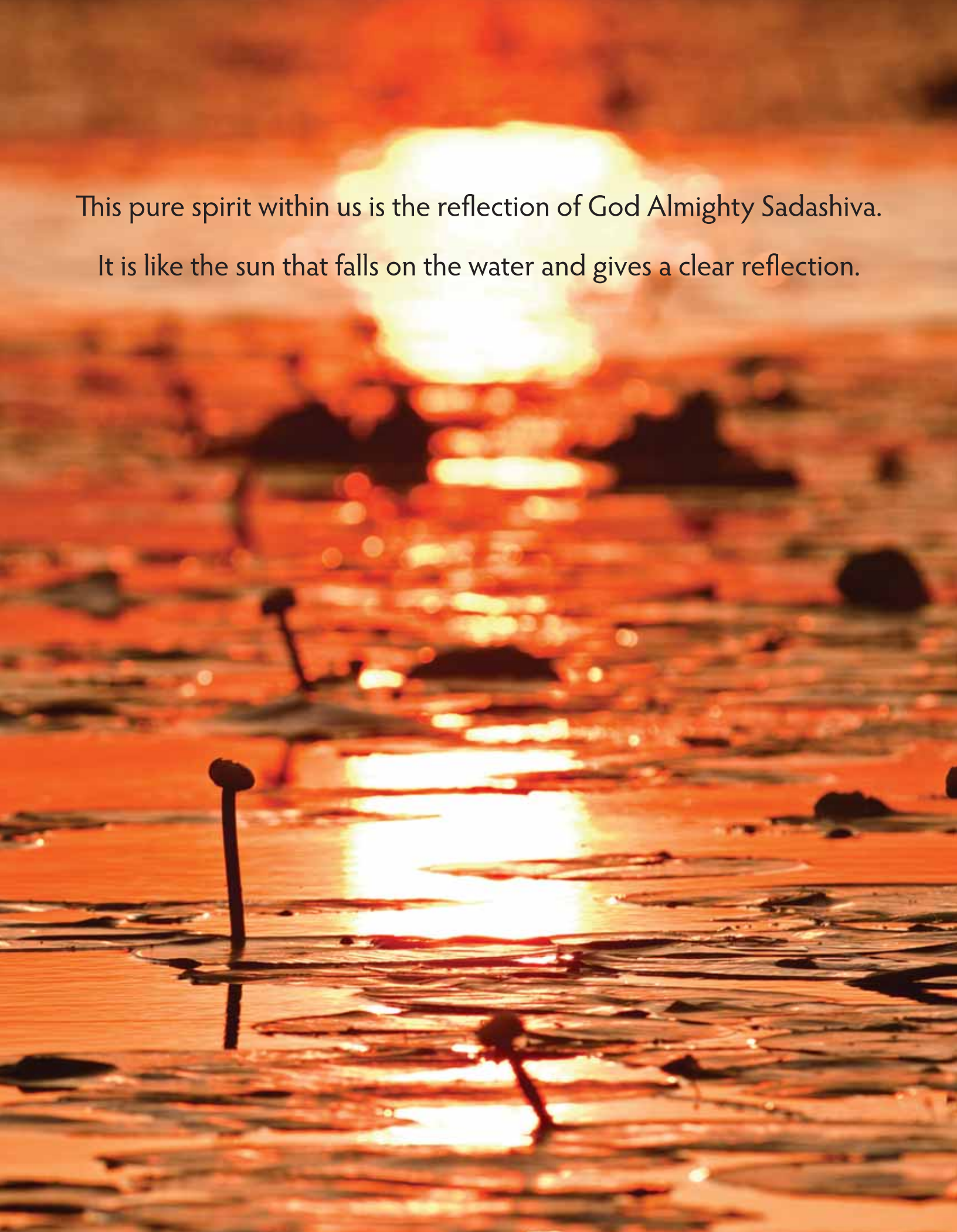
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A photograph of a sunset over a body of water. The sun is a large, bright, glowing orb in the upper center, with its light reflecting down the center of the water, creating a shimmering path. The water's surface is textured with small ripples and reflects the warm orange and yellow light of the sun. In the foreground, several dark, silhouetted objects, possibly reeds or small trees, are visible, their forms reflected in the water. The overall color palette is dominated by warm tones of orange, yellow, and red, with the dark silhouettes providing contrast.

This pure spirit within us is the reflection of God Almighty Sadashiva.
It is like the sun that falls on the water and gives a clear reflection.